



## **JANUARY 2018**

**KIDS YOGA**- Ages 8-13. Increase flexibility, stability, & focus.

***Mondays 6:30-7:15pm***

***Core Studio w/Jessica***

**TRX 4 TWEENS**- Ages 10-1. Suspension training exercises developing strength, balance, flexibility, and core strength.

***Wednesdays 5:30-6:15pm***

***Fitness Center w/Mathias***

**CORE BLASTER**- Ages 8-14. A 30 min workout that works the torso & muscles that connect your upper body to your lower body. It will strengthen your core muscles, while improving functional strength.

***Thursdays 5:00-5:45pm***

***Fitness Center w/Katie***

### **FEES:**

**Member: \$20/mo per class**

**Non-Member: \$30/mo per class**

**TNT FITNESS**- The TNT Fitness Passport is designed for ages 11-13 to use the Fitness Center. TNT users must complete training with a fitness professional.

11 & 12 year olds will need to be accompanied by a parent; 13 year olds can use the fitness center. **FEES: \$50- 3 training sessions**

