



JULY 2018

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

Mondays 4:30-5:15pm
Yoga-Pilates Studio w/Joni

DANCE FITNESS 4 KIDS- Ages 8-13. Kids get the chance to be active and jam out to their favorite music. Helps develop a healthy lifestyle and incorporate fitness in a child's life by making fitness fun!

Tuesdays 4:30-5:15pm
Core Studio w/TBA

TRX 4 TWEENS- Ages 10-14. 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



KID FIT- Ages 6-10. General Physical Preparedness (GPP). Non-weight bearing exercises. Gorilla Hurdles, Shuttle Run, Frog Hops, Pull-Ups, Agility Ladders, Speed Cones, BodyWeight Squats, Handstands, Wobble Boards, Planking, Overhead Squats, Quick Feet Drills, Group Stretching, Physio Ball, Core Strength Development.

Saturdays 10:30-11:15a m
Zone A/B w/Carissa

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