

March Fitness 4 Kids Trainer-Led Workouts

Killin' It with Kacy- a circuit class focusing on strength and endurance skills for supplementing skating speed, agility, and power

Monday 6:30-7:15pm

Friday 5:00-5:45pm

Kids Yoga- Ages 8-13 Increase flexibility, stability, & focus.

Tuesdays 4:15-5:00pm

Zumba 4 Kids- Perfect for our younger Zumba fans! Kids get the chance to be active and jam out to their favorite music. Helps develop a healthy lifestyle and incorporate fitness in a natural part of children's lives by making fitness fun! Ages 7-11

Wednesdays 4:15-5:00pm

TRX 4 Tweens- Ages 10-14 Suspension training exercises developing strength, balance, flexibility, and core strength.

Wednesdays 5:30-6:15pm

Core Blaster- Ages 8-14 A 30 min workout that works the torso & muscles that connect your upper body to your lower body. Will strengthen your core muscles, while improving functional strength.

Thursdays 5:15- 6:00pm

\$20/mo per class(*Non-members may register for \$30*)

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. \$50- 3 training sessions