

November Fitness 4 Kids Trainer-Led Workouts

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

Mondays 6:30-7:15pm

Core Studio w/Jessica

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. Will strengthen your core muscles, while improving functional strength.

Thursdays 5:00-5:45pm

Fitness Center w/Katie

\$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

