



FITNESS 4 KIDS CLASS SCHEDULE

SEPTEMBER 2018

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

***Mondays 6:30-7:15pm
Core Studio w/Jessica***

ZUMBA KIDS- Ages 8-13. Classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure. Helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun.

***Wednesdays 5:15-6:00pm
Prairie Room w/Robin***

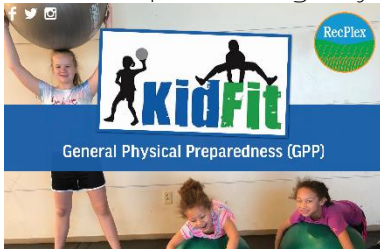
TRX 4 TWEENS- Ages 10-14. Suspension training exercises developing strength, balance, flexibility, and core strength.

***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/TBD***

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**