

## KIDS FITNESS SCHEDULE (Fall 2017)

Oct 23 - Dec 10 (7 weeks)

### Monday

Time	Class / Age	Price	Location	Instructor
9:15a-10:00a	Mighty Kids Fitness age 2-3	35/\$70 member/ non-mem	Gym 2B	Kathryn
5:15p-6:00p	Chess for Kids age 5-8	45/\$90 member/ non-mem	Conference 2 Room	Abir

### Wednesday

Time	Class	Price	Location	Instructor
1:00p-2:00p	Homeschool Gym age 6-9	45/\$90 member/ non-mem	Gym 2B	Janet
1:00p-3:15p 2:15-3:15p in water	Homeschool Gym & Swim age 6-9	75/\$150 member/ non-mem	Gym 2B Pool	Janet
2:15p-3:15p	Homeschool Gym age 10-16	45/\$90 member/ non-mem	Gym 2B	Brenda
1:00p-3:15p 1:00-2:00p in water	Homeschool Gym & Swim age 10-16	75/\$150 member/ non-mem	Gym 2B Pool	Brenda
6:00p-6:45p	Hip Hop & Breakdance age 8-13	45/\$90 member/ non-mem	Studio 2	Tommy
6:00p-6:45p	Teammates in the Gym age 5-7	35/\$70 member/ non-mem	Gym 2B	Tyren

### Friday

Time	Class	Price	Location	Instructor
5:45p-6:30p	Fun Yoga age 7-10	35/\$70 member/ non-mem	Studio 1	Kim



### Tuesday

Time	Class / Age	Price	Location	Instructor
9:15a-10:00a	Little Sports age 3-4	35/\$70 member/ non-mem	Gym 2B	Mike

### Thursday

Time	Class	Price	Location	Instructor
5:30p-6:15p	Cheer & Tumble age 3-6	35/\$70 member/ non-mem	Activity Zone	Nikita



### Saturday

Time	Class	Price	Location	Instructor
9:15a-10:00a	Mighty Kids Fitness age 2-3	35/\$70 member/ non-mem	Gym 2B	Maria
11:00a-11:45a	Ballet age 3-4	35/\$70 member/ non-mem	Studio 1	Faith
10:30a-11:00a	Little Ninjas age 3-5	35/\$70 member/ non-mem	Activity Zone	Academy of Martial Arts
11:15a-12:00p	Tae Kwon Do age 5-Adult	45/\$90 member/ non-mem	Activity Zone	Academy of Martial Arts
12:00p-12:45p	Ballet age 5-7	35/\$70 member/ non-mem	Studio 1	Faith

### Kids Sports, Fitness & Dance Class Descriptions

**Ballet** - Basic ballet moves working on coordination, motor skills and fun! Leotards, pink tights, leather or canvas ballet slippers required.

**Chess for Kids**- A fun and relaxed chess class that will cover all the basics of proper play while providing a solid foundation for future improvement.

**Cheer/Tumble** - learn cheers, dance and stunts in our terrific program. This class is designed for girls and boys with or without prior cheerleading experience.

**Fun Yoga** - Introduce yoga full of fun activities. Balance of quiet and active poses with games, storytelling, simple breath and rest.

**Hip Hop / Breakdance** - Discover a happy and healthy life with our Hip Hop & breakdance class, specially designed to be innovative for everyone.

**Homeschool Gym** - Learn about the many different sports while developing large and small motor skills.

**Homeschool Gym & Swim** - the best of both worlds. Play games and use equipment during gym time. Swim lessons and play during swim time

**Little Ninjas** - This Tae Kwon Do class tailored especially for preschoolers focuses on the basic elements of this ancient art

**Little Sports** - Kids will learn about many different sports while developing large and small motor skills

**Mighty Kids Fitness** - Develop large and small motor skills in a fun setting. Age appropriate games along with sports and obstacle courses will be incorporated

**Tae Kwon Do** - Gain a strong foundation to build on. This art develops discipline, concentration, confidence and leadership. Family Participation encouraged.

**Teammates in the Gym** - Kids will practice basics of basketball, baseball, soccer, floor hockey and other sports with the notion of teamwork and fair play.