



TRAIL POINT PROGRAMS

SESSION DATES

Sept 9 – Oct 20

REGISTRATION DATES

Members: August 21

Non-Members: August 28

CLASS	AGE	DAY	TIME	PRICE PER SESSION
				Member/Non-Member
Duplo Club	3-4	Mon	4:15pm-5:00pm	\$10 - Members Only
Duplo Club	3-4	Wed	4:15pm-5:00pm	\$10- Members Only
Kids Bootcamp	3-4	Mon	9:15am-10:00am	\$35/\$70
Ballet/Jazz (Nicole's School of Dance)	3-5	Tue	5:00pm-5:45pm	\$35/\$70
Ballet/Jazz (Nicole's School of Dance)	3-5	Sat	10:00am-10:45am	\$35/\$70
Little Ninjas (Ankeny Academy of Martial Arts)	3-5	Thu	6:15pm-6:45pm	\$35/\$70
Cheer & Tumble (Nicole's School of Dance)	3-8	Tue	4:00pm-4:45pm	\$35/\$70
Cheer & Tumble (Nicole's School of Dance)	3-8	Sat	9:00am-9:45am	\$35/\$70
Lego Club	5-12	Mon	4:15pm-5:00pm	\$10- Members Only
Lego Club	5-12	Wed	4:15pm-5:00pm	\$10 - Members Only
Homeschool Gym	6-9 & 10-16	Wed	1:00pm-2:00pm	\$35/\$70
Kids Yoga & Mindfulness	7-12	Mon	5:30pm-6:15pm	\$35/\$70
Zumba Kids	7-12	Fri	5:00pm-5:45pm	\$35/\$70
Basketball Club	9-14	Sat	12:00pm-1:30pm	Free for Members
Tween Training	9-12	Tue	4:15pm-5:00pm	\$35/\$70
Prenatal Yoga & Fitness	Moms	Thu	5:15pm-6:15pm	\$35/\$70
Mom's Club (1 st Thursday/month)	Moms	Thu	5:00pm-6:00pm	Free for Members
Tae Kwon Do (Ankeny Academy of Martial Arts)	6+	Thu	6:45pm-7:30pm	\$45/\$90
Runner's Club	12+	Tue & Thu	5:15am-6:15am	Free for Members
		Mon & Thu	6:00pm-7:00pm	
Volleyball Club	9+	Fri	4:00pm-6:00pm	Free for Members
Volleyball Club	16+	Fri	6:00pm-10:00pm	Free for Members
Hope Brigade (Chronic Illness/Cancer Support)	16+	Mon	5:45pm-6:45pm	Free for Members & Non-Members
Weight Management Club	18+	Mon	5:45pm-6:45pm	Free for Members
Family Friendly Classes (Fam)	9-12	See Group Exercise Schedule		Free for Members
Total Body Transformation-90 Day Weight Loss Challenge	16-Adult	Registration ends August 20		\$100- Members Only
BOGAFiT	Adult	Tue	5:15am-6:00am	\$10/\$20
BOGAFiT	Adult	Thu	5:15am-6:00am	\$10/\$20

2019 Fall Program Descriptions

Ballet/Jazz – Exploring beginning movement in ballet and jazz. Building coordination and musicality while having fun! Leotards, tights and ballet shoes. Trail Point Aquatics & Wellness is partnering with Nicole's School of Dance.

Basketball Club – Meet at Trail Point for staff supervised pick-up games.

BOGAFit - Fitness Regimen developed by combing best aspects of key proven movements. Think Boot camp and a little Yoga on the FITMAT on top of the water! You will sweat, laugh, and work hard all at once and in the H2O!

Cheer & Tumble - Learn cheer technique and beginning tumbling skills. This class is designed for boys and girls with or without cheerleading experience. Trail Point Aquatics & Wellness is partnering with Nicole's School of Dance.

Duplo Club - Join our Duplo club especially designed for small hands. Weekly classes include a themed Duplo build to create your own masterpiece!

Family Friendly Classes (Fam) – These classes are reserved for adults and members 9-11 years old. If member is 9-11 years old a parent or guardian must be present **and** participate in class. Kids 8 and younger cannot be present in the studio during the class.

Homeschool Gym – Learn about the many different fitness activities that encourage social interaction.

Hope Brigade – is a club for those living with or supporting those with chronic illness. Through community, education, and support, this club will provide valuable information on fitness, nutrition, and overall mind-body wellness.

Kids Bootcamp – Kids introduced to fitness activities that will help develop large and small motor skills.

Kids Yoga & Mindfulness - Introduces yoga to beginners through quiet and active poses with games, playing, storytelling, drawing, simple breath, meditation and rest.

Little Ninjas – This Tae Kwon Do class tailored especially for preschoolers focuses on the basic elements of this ancient art. Trail Point Aquatics & Wellness is partnering with Ankeny Academy of Martial Arts.

Lego Club – Join our LEGO club and hone your building skills. Our weekly meetings will include a themed Lego build, where you can create your own master piece!

Mom's Club – Come take a break with other moms at Café X- No kids allowed. ☺

Prenatal Yoga & Fitness – Learn basic yoga stretches and fitness exercises for any trimester preparing mom and baby for birth. A full-body workout using equipment such as chairs, straps, balls, blocks and resistance bands to build strength and flexibility.

Runner's Club – Meet and train with others in the running community.

Tae Kwon Do – Gain a strong foundation to build on. Develop discipline, concentration, confidence and leadership. Trail Point Aquatics & Wellness is partnering with Ankeny Academy of Martial Arts.

Total Body Transformation-90 Day Weight Loss Challenge- Weekly small-group workout with a Trainer, bi-weekly workouts and educational meetings with guest speakers. Held every other Wednesday starting August 21 and prizes will be awarded.

Tween Training – Tweens will have fun with a variety of exercises, games and PE type activities that improve strength, agility and cardio work. This 6-week program is professionally designed to teach proper form and technique to best help each individual Go FURTHER, Push HARDER, and Become STRONGER! Don't miss out on this opportunity for your tween to begin to conquer their goals!

Volleyball Club – Meet with other volleyball enthusiasts that enjoy playing the game.

Weight Management Club – Meet with others who are pursuing a healthy weight loss goal.

Zumba Kids – Features the famous Zumba Kids music, rhythms, and beats along with Zumba choreography broken into kid-friendly routines. Giving children an outlet to jump, dance, shake, and swing their hips, it's the perfect recipe for fitness fun.