



TRAIL POINT PROGRAMS

SESSION DATES

June 10 – July 28
Week Off: July 1-7

REGISTRATION DATES

Members: May 22
Non-Members: May 29

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) Starts June 17-August 4 (Week Off: July 1-7)	3-5	Tue	4:00pm-4:45pm	\$35/\$70
Ballet/Jazz (Nicole's School of Dance) Starts June 17-August 4 (Week Off: July 1-7)	3-5	Sat	9:00am-9:45am	\$35/\$70
Cheer & Tumble (Nicole's School of Dance) Starts June 17-August 4 (Week Off: July 1-7)	3-8	Tue	4:45pm-5:30pm	\$35/\$70
Cheer & Tumble (Nicole's School of Dance) Starts June 17-August 4 (Week Off: July 1-7)	3-8	Sat	10:00am-10:45am	\$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
Ballet/Jazz (Nicole's School of Dance) Starts June 17-August 4 (Week Off: July 1-7)	6-8	Tue	5:30pm-6:15pm	\$35/\$70
Ballet/Jazz (Nicole's School of Dance) Starts June 17-August 4 (Week Off: July 1-7)	6-8	Sat	9:00am-9:45am	\$35/\$70
Homeschool Gym	6-9 & 10-16	Wed	1:00pm-2:00pm	\$35/\$70
Kids Yoga & Mindfulness	7-12	Mon	6:00pm-6:45pm	\$35/\$70
Basketball Club	9-14	Sat	12:00pm-1:30pm	Free for Members
Tween Training- NEW	9-12	Tue	9:15am-10:00am	\$35/\$70
Teen Training- NEW	13-17	Thu	9:15am-10:00am	\$35/\$70
Prenatal Yoga & Fitness- NEW	Moms	Sat	10:00am-11:00am	\$35/\$70
Mom's Club (1 st Thursday/month)	Moms	Thu	5:00pm-6:00pm	Free for Members
Runner's Club	12+	Tue & Thu	5:15am-6:15am	Free for Members
		Mon & Thu Starts 5/6	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 Starts 5/6	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
Team Training- (Lift or Cardio Strength) 8-week (May 6-June 28)	13+	Registration ends May 17		\$190 or \$80/Monthly Members Only
Triathlon Training (TriRacers)	14+	See membership desk for details		\$25/\$50
BOGAFIT	Adult	Tue	5:15am-6:00am	\$10/\$20
BOGAFIT	Adult	Wed	6:15am-7:00am	\$10/\$20
BOGAFIT	Adult	Thu	5:15am-6:00am	\$10/\$20

2019 Summer 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 master piece!

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 encourages 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.

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.

Team Training – Lift: Learn the basics of functional fitness in our 8-week program designed to build total body strength through power lifting movements. Beginner through experienced lifters will appreciate learning and progressing in our free weight area.

Team Training - Cardio/Strength: Have fun with a variety of total body conditioning that includes both strength and cardio exercises. This 8-week program is professionally designed to help maximize your results so you can reach your goal faster!

Teen Training – Teens will have fun with a variety of total body conditioning exercises that include 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 teen to begin to conquer their goals!

Triathlon Training (TriRacers)- Features swim training sponsored by TriRacers of Iowa.

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.