



TRAIL POINT PROGRAMS

SESSION DATES

Jan. 14 – Feb. 24

REGISTRATION DATES

Members: Dec. 28

Non-Members: Jan. 4

| CLASS | AGE | DAY | TIME | PRICE PER SESSION |
|--|-------------|---------------------------------|-----------------|---------------------|
| | | | | Member/Non-Member |
| Parent Tot | 2-3 | Sat | 9:00am-9:45am | \$35/\$70 |
| Ballet | 3-4 | Sat | 11:15am-12:00pm | \$35/\$70 |
| Duplo Club | 3-4 | Tue | 4:00pm-5:00pm | \$10 - Members Only |
| Duplo Club | 3-4 | Sat | 11:00am-12:00pm | \$10- Members Only |
| Kids Bootcamp | 3-4 | Mon | 9:15am-10:00am | \$35/\$70 |
| Little Ninjas | 3-5 | Tue & Thu | 6:15pm-6:45pm | \$35/\$70 |
| Cheer & Tumble | 3-6 | Thu | 5:15pm-6:00pm | \$35/\$70 |
| Tumble | 5-8 | Tue | 5:15pm-6:00pm | \$35/\$70 |
| STEM-Lit to Go! | 5-9 | Wed | 4:15pm-5:15pm | \$35/\$70 |
| Lego Club | 5-12 | Tue | 4:00pm-5:00pm | \$10- Members Only |
| Lego Club | 5-12 | Sat | 11:00am-12:00pm | \$10 - Members Only |
| Homeschool Gym | 6-9 & 10-16 | Wed | 1:00pm-2:00pm | \$35/\$70 |
| Girls Basketball Club | Up to 12 | Sun | 12:00pm-1:30pm | Free for Members |
| Kids Yoga & Mindfulness | 7-12 | Wed | 5:30pm-6:15pm | \$35/\$70 |
| Zumba Kids | 7-12 | Tue | 5:15pm-6:00pm | \$35/\$70 |
| Dash & Dot | 9-12 | Mon | 5:00pm-6:00pm | \$35/\$70 |
| Basketball Club | 9-14 | Sat | 12:00pm-1:30pm | Free for Members |
| Dynamic Junior | 9-14 | Sat | 10:15am-11:00am | \$45/\$90 |
| Tae Kwon Do | 6+ | Tue & Thu | 6:45pm-7:30pm | \$45/\$90 |
| Mom's Club (1 st Thursday/month) | Moms | Thu | 5:00pm-6:00pm | Free for Members |
| Runner's Club | 12+ | Mon & Thu | 5:00pm-6:00pm | Free for Members |
| Volleyball Club | 12+ | Fri | 6:00pm-8:00pm | Free for Members |
| Women's Basketball Club | 13+ | Sun | 12:00pm-1:30pm | Free for 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 (Jan. 7-Mar. 3) | 13+ | Registration opens December 12 | | \$160- Members Only |
| Triathlon Training (TriRacers) | 14+ | See membership desk for details | | \$25/\$50 |
| BOGAFIT | Adult | Wed | 7:30pm-8:15pm | \$40/\$60 |
| B-Board | Adult | Tue | 5:15am-6:00am | \$40/\$60 |
| B-Board | Adult | Thu | 5:15am-6:00am | \$40/\$60 |

2019 Winter Program Descriptions

Ballet – Basic ballet moves incorporated into upbeat songs to work on coordination, motor skills & having fun! Leotards, tights, ballet slippers & smiles required.

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!

B-Board – Just like BOGAFit with a little twist. Includes elements of strength & yoga on the FITMAT on the water.

Cheer & Tumble - Learn new cheers and basic tumbling in our fabulous program. This class is designed for girls and boys with or without prior cheerleading experience.

Dash & Dot – Explore the world of coding with this 4-H program. Kids will have the opportunity to learn and explore how to program Bee Bots and Dash and Dot robots to complete a series of challenges.

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

Dynamic Junior – Kids will gain confidence, strength, speed, & agility in this lively, cross-fit type of class.

Family Friendly Classes (Fam) – These classes are reserved for participants 9 years and older. Every person present in the studio must participate in the class. Kids 8 and younger cannot be present in the studio during the class.

Girls Basketball Club – Meet at Trail Point for staff supervised pick-up games. Reserved space for girls only basketball.

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

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.

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. ☺

Parent Tot – Develop large and small motor skills through games, sports, and obstacle courses in a motivating environment alongside parents. Parents are encouraged to be in class to play alongside their children.

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

STEM-Lit to Go! – Is an innovation 4-H program that builds STEM and literacy skills for children in an informal education setting. Each STEM-Lit to Go! Session will include a short story and hands on activity exploring different science principles including such activities as designing roller coaster and testing the science behind bubbles.

Tae Kwon Do – Gain a strong foundation to build on. Develop discipline, concentration, confidence and leadership.

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!

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

Tumble – Boys and girls learn summersaults, cartwheels, and other simple tumbles in our fantastic program. No prior tumbling experience required.

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.

Women's Basketball Club – Reserved space for women to play basketball.

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.