



CLASS SCHEDULE – FALL 2009

Completely Active (ages 6-7)

A fun, engaging way to introduce younger children to fitness and the importance of an active lifestyle. PE-oriented classes have up to 10 kids per coach and last 45 minutes.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		4:15-5:00 pm		4:15-5:00 pm	

Sports FUNdamentals (ages 8-10)

A fun, stimulating way to develop motor skills, enhance coordination, burn calories and build a solid foundation for sport-specific movement patterns. This class is perfect for kids with advanced motor and listening skills. Capped at 10 kids per coach / 45 minutes.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:15-5:00 pm	4:15-5:00 pm 5:00-5:45 pm	4:15-5:00 pm	4:15-5:00 pm 5:00-5:45 pm	5:00-5:45 pm	10:15-11:00 am 11:15-12:00 pm

Youth Fitness (ages 11 to 15)

A engaging program designed to help pre-teens & teens who may not participate in sports to stay active and get fit for everyday life. Kids will burn calories, build cardio endurance, and improve their core body strength. Class is capped at 10 kids per coach / 45 minutes.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00-5:45 pm		5:00-5:45 pm		4:15-5:00 pm	12:15-1:00 pm

Please remember to **schedule in advance** in order to ensure a space in the class for your child!

631.486.8933

www.catzli.com