



CLASSES ARE BY APPOINTMENT ONLY:
PLEASE CALL!

Completely Active (ages 6-8)

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	4:15pm	4:15pm		4:15pm	

Sport 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. 45 minutes.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10:00am		10:00am		9:15am
4:15pm		4:15pm	4:15pm		10:15am
	5:00pm	5:00pm	5:00pm	5:00pm	

Classes in **RED are recommended for athletes involved in organized sports.

Youth Fitness (ages 11-15)

An 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. 45 minutes.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10:00am		10:00am		11:15am
4:15pm	4:15pm		4:15pm	4:15pm	
5:00pm		5:00pm	6:00pm		