

GROUP EXERCISE

CHILDREN SUMMER CLASSES



June 3 - July 26

Class sessions are designed for ages 6-9 and 10-13

Aqua Kids: This class includes games and fun water activities, located in the 8-lane pool. Children must be able to swim to attend.

Kid's Hop: Call it dance. Call it exercise. But when kids move to music, they call it FUN! During KIDZHOP kids will try a variety of dance formats such as CIZE, Country Heat, Zumba and more!

Kids Circuit: This class will be a variety of activities using different equipment. Kids will work together and independently through fun fitness circuits while working up a sweat!

Kid's Cycle: Get ready to RIDE! Kids will use stationary bikes to ride through physical fitness intervals including hill climbs, sprints and jumps choreographed to fun upbeat music.

Kid's Yoga: Kids yoga will focus on learning basics of yoga including, flexibility and balance. Class will include child centered yoga vocabulary to help students visualize poses. Kids will also learn some relaxation and meditation techniques along with basic yoga etiquette.

GROUP EXERCISE CHILDREN SUMMER CLASS SCHEDULES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STUDIO 1		<u>Kids Circuits</u> 1:00 - 1:30 (ages 6-9) 1:45 - 2:15 (ages 10-13)		<u>Kidzhop</u> 1:00 - 1:30 (ages 6-9) 1:45 - 2:15 (ages 10-13)	
MIND BODY	<u>Kids Yoga</u> 10:50 - 11:20 (ages 6-9) 11:20 - 11:50 (ages 10-13)				
POOL	<u>AquaKids</u> 9:30 - 10:00 (all ages)		<u>AquaKids</u> 9:30 - 10:00 (all ages)		
SPIN STUDIO					<u>Kid Cycle</u> 11:00 - 11:30 (ages 6-9) 11:45 - 12:15 (ages 10-13)