

# KIDZ FITNESS

updated 9-1-10



	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am	<b>Exer-Games</b> <i>Pool Area/Courts</i> Ages 3 + Up		<b>Exer-Games</b> <i>Pool Area/Courts</i> Ages 3 + Up		<b>Exer-Games</b> <i>Pool Area/Courts</i> Ages 3 + Up
9:30 am	<b>Jump Castle</b> <i>Pool Area</i> Ages 3 + Up		<b>Jump Castle</b> <i>Pool Area</i> Ages 3 + Up		<b>Jump Castle</b> <i>Pool Area</i> Ages 3 + Up
10:00 am	<b>Ball-Games</b> <i>Raquetball Court</i> Ages 3 + Up		<b>Ball-Games</b> <i>Raquetball Court</i> Ages 3 + Up		<b>Ball-Games</b> <i>Downstairs/Courts</i> Ages 3 + Up
10:30 am	<b>Exer-Games</b> <i>Upstairs/Courts</i> Ages 3 + Up		<b>Exer-Games</b> <i>Upstairs / Courts</i> Ages 3 + Up		<b>Exer-Games</b> <i>Downstairs/Courts</i> Ages 3 + Up
11:00 am	<b>Exer-Games</b> <i>Courts</i> Ages 3 + Up				<b>Exer-Games</b> <i>Upstairs/Courts</i> Ages 3 + Up
	<u><b>Teachers:</b></u> Tony: morning Shelley: evening	<u><b>Teachers:</b></u> Aundrea: evening	<u><b>Teachers:</b></u> Tony: morning Shelley: evening	<u><b>Teachers:</b></u> Aundrea: evening	<u><b>Teachers:</b></u> Tony: morning
4:00 pm	<b>Jump Castle</b> <i>Pool Area</i> Ages 3 + Up	<b>Jump Castle</b> <i>Pool Area</i> Ages 3 + Up	<b>Jump Castle</b> <i>Pool Area</i> Ages 3 + Up	<b>Jump Castle</b> <i>Pool Area</i> Ages 3 + Up	
4:30 pm	<b>Exer-Games</b> <i>Downstairs Room</i> Ages 3 + Up	<b>Exer-Games</b> <i>Any</i> Ages 3 + Up	<b>Exer-Games</b> <i>Any</i> Ages 3 + Up	<b>Cardio+Strength</b> <i>Downstairs</i> Ages 5 + Up	
5:00 pm	<b>Exer-Games</b> <i>Courts/ Downstairs</i> Ages 5 + Up	<b>Ball-Games</b> <i>Downstairs</i> Ages 5 + Up	<b>Exer-Games</b> <i>Any</i> Ages 5 + Up	<b>Ball-Games</b> <i>Downstairs</i> Ages 5 + up	
5:30 pm	<b>Exer-Games</b> <i>Courts/Downstairs</i> Ages 5 + Up 	<b>Kardio-Kick + Strength</b> <i>Downstairs Group Fitness Room</i> Ages 6 + Up	<b>Sports+Games</b> <i>Courts</i> Ages 5 + up	<b>TAE KWON DO</b> <i>Downstairs Group Fitness Room</i> 5:30pm - 6:30pm Ages 6-11	TKD accepts <b>NEW STUDENTS</b> The first week of each month 😊
6:00 pm	<b>Exer-Games</b> <i>Courts or Downstairs</i> Ages 5 + Up	<b>25min Ride</b> <i>Indoor Cycling Room</i> Ages 8-14 parents invited! <i>Height Restrictions</i> (See teacher before)	<b>Brain Games</b> <i>Meets by the coffee tables</i> Ages 5 + Up 	<i>(Tae Kwon Do Continued)</i> <b>Regular Attendance is encouraged!</b> Ages 6-11 <b>with Emily</b> 	