



# Fit 'N Fun Kids Gym FALL/WINTER Schedule

*Come join the fun!*

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9-10 am	9:15 – 10 Preschool Twisters	9:15 – 10 Preschool Twisters	9:15 – 10 Preschool Twisters	9:15 – 10 Preschool Twisters	9:15 – 10 Preschool Twisters	9:15 – 10 Ages 3 & up Fit 'N Fun	
10-11 am	10-10:30 am Supervised Gym	10-10:30 am Supervised Gym	10-10:30 am Supervised Gym	10-10:30 am Supervised Gym	10-10:30 am Supervised Gym	10-10:30 am Supervised Gym	
11 – Noon	OPEN Time / FAMILY Time	OPEN Time / FAMILY Time	OPEN Time / FAMILY Time	OPEN Time / FAMILY Time 10:30-4:15	OPEN Time / FAMILY Time  10:30 – 9:00	11:00- noon Several Saturdays Each month.... <b>Super Saturday</b> Events for K & up *Sign up at the Front desk *	
4 pm	10:30 – 4:30	10:30 – 4:15	10:30 – 4:30				
4 – 5:15 pm	4:30 –5:15 Preschool Twisters	4:15-5:00 Ages 6 & up PACE	4:30 – 5:15 Preschool Twisters	4:15-5:00 Ages 6 & up PACE  4:15-5:00 <b>HEAT Xtreme</b> For ages 9-12 Meet on gym floor			OPEN Time / FAMILY Time  10:00 – 5:00
5:30– 6:1pm	5:30 – 6:15 K & Up Jammers	4:15-5:00 <b>HEAT Xtreme</b> For ages 9-12 Meet on gym floor	5:30 – 6:15 K & Up Jammers			10:30 – 5:00	
6:30-9:00 pm	6:30-7:15 Ages 6 & up PACE  OPEN Time / FAMILY Time 7:30 – 9:00	OPEN Time / FAMILY Time 5:00 – 9:00	6:30-7:15 Ages 6 & up PACE  OPEN Time / FAMILY Time 7:30 – 9:00	7:15-8:00pm <b>HEAT Xtreme</b> For ages 9-12 Meet on gym floor			<i>Check out all of the special monthly kids events!</i>

## Kids Gym Schedule Class Descriptions

### Preschool Twisters

A 45 minute exercise class designed for children 3-5 years of age. Class includes simple games using basic locomotor skills. Equipment to include mini-tramp, tunnel, balance beam, hula hoops, scooters, etc.

### K & Up Jammers

A 45 minute exercise class geared toward kids kindergarten and up. Activities includes relay races, challenge courses, and many games, all using the “everybody wins” concept.

### Special Saturday Activities

Each month we will feature different and fun “special” kids classes, such as sport specific activities, holiday activities, arts and crafts and lots lots more! Check the schedule and sign up sheets each month at front desk for details!

### Open Time

Kids ages 6-11 years of age may use kids gym unsupervised.

### H.E.A.T Xtreme.

Calling all 9-12 year olds for one Action-packed and dynamic workout! Every class will be different! Kids will Have a blast while learning how they Can turn everyday items like milk jugs, ropes and tires into part of a cool exercise routine!! Meet us on the gym floor and get ready for some heat!

### PACE (during school year)

Positive Action Creates Excitement . . . This FUNTASTIC exercise class is geared toward kids ages 6 & up. We combine our specialized kid-friendly resistance equipment with energetic cardiovascular games, add instructors with an “everyone wins” philosophy, and turn on some trendy music . . . it all adds up to one Super-charged class! Kids will get a great workout while they have a TON of fun!



# Kids Gym Program Schedule and Class Descriptions



Due to the fact that we try to provide age-appropriate games for all kids, we ask that parents help us adhere to the age guidelines for each class.