



KIDS' SCHEDULE

TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	CLASS	LENGTH	CLASS	LENGTH	CLASS	LENGTH	CLASS	LENGTH	CLASS	LENGTH	CLASS	LENGTH
9:00 AM							Preschool Tumbling	50 min			Kids' Tumbling	50 min
10:00 AM	Wiggle Worms	50 min									Kids' Tumbling	50 min
4:30 PM			Kid Fit	50 min								
4:45 PM							Dance Fitness for Kids	45 min				
5:30 PM	Open Kids' Studio Play	50 min			Open Kids' Studio Play	50 min						
5:45 PM			Mighty Kids TaeKwonDo	45 min			Mighty Kids TaeKwonDo	45 min				

CLASS DESCRIPTIONS

Dance Fitness for Kids (ages 3-12) – Kids will have a blast with Kids' WERQ®, the fiercely fun dance fitness workout class based on pop, rock, and hip-hop music taught by Certified Fitness Professionals and designed just for kids. The signature WERQ® warmup previews the dance steps used in class and the signature WERQ™ cooldown includes balance and yoga inspired poses.

Kid Fit (ages 3-12) - A high energy class creating a great cardio workout. This class includes many group games such as freeze tag and obstacle courses. Kids will burn off a lot of energy without realizing it because they will be having so much fun.

Kids' Tumbling (ages 3-8) - A fun, energetic mix of tumbling, flexibility, and balance techniques designed for young children. Kids are able to express themselves and explore what they are capable of in a safe fitness guided environment.

Mighty Kids TaeKwonDo (ages 3-7) - A practical and progressive approach to preparing kids to promote into a traditional TaeKwonDo program. Children will learn and understand the basics of this form of self-defense. The instructors help the students develop their self-defense skills in a fun way while also teaching them values and life skills.

Open Kids' Studio Play (ages 2-10) - Children will have the opportunity to have supervised free play in the Kids' Studio and use any available equipment including jump ropes, hula hoops, soccer goals and balls, and more! *Class will not be held on the 3rd Wednesday of each month due to a meeting in the studio.*

Preschool Tumbling (ages 2-5) – A tumbling class designed specifically for preschoolers that will focus on basic tumbling skills and exercises and activities to build upper body strength and increase flexibility. It will also include fun music and movement games including scarves, hula hoops, and more!

Wiggle Worms (ages 2-5) - Children will participate in a variety of activities to learn and develop gross motor skills, flexibility, and balance with music and movement.

All kids' fitness classes are included in the price of the monthly childcare package; otherwise, kids' fitness classes are \$5 per class. No call - ahead sign up is necessary.

All children must wear appropriate fitness shoes to participate in Kids' Soccer, Kid Fit, and Wiggle Worms.