

YOUTH FITNESS



CLASS SCHEDULE

AQUATIC FUN & FIT JUNIOR

This is a fun aquatic exercise class that incorporates games in the water. For ages 7+

Th 6pm-6:30pm

BORN TO MOVE VIRTUAL

This teaches age-appropriate motor skills that improve agility, balance, coordination, endurance, flexibility and speed. For ages 7+

**Tues 11:30am-12pm
Th 11:30am-12pm
Wed 11:30am-12:30pm
Fri 3:30pm-4:30pm
Sat 10:30am-11:30am
Sun 10am-11am**

KIDS ON THE MOVE

This class will focus on coordination, group exercises and other fun fitness activities which will help kids increase speed, flexibility, agility and structure. For ages 7+

**Mon 5:45pm-6:45pm
Th 5:45pm-6:45pm**

KIDS CLUBHOUSE

Five Points childcare service for Members.

Kids Clubhouse Hours:

Mon-Fri 8am-12pm

Sat 8am-12pm

Sun 1pm-5pm

Evening Hours:

Mon and Wed 4pm-8pm

(no evening hours on Tues/Thurs)

GROWING STRONG

Allow your child to enjoy supervised activities in the gym! Your child must check into the Kids Clubhouse to participate in the Growing Strong program. For ages 3 to 11. Children must be potty trained.

**Mon-Th
9am-11am**