KIDS YOGA with Chelsie

Allow your child to experience the benefits of YOGA! Our YOGA instructor, Chelsie will take your child through YOGA exercises that will help benefit their mind and body. Our KIDS YOGA class is for children ages 8 and up.

BEGINS MONDAY AUG 31ST

SENIOR ROOM
Mon. 5:10-5:35pm
Sat. 10-10:30 am

KIDS ON THE MOVE with Ashley

Youth workout program uses games and activities to not only get children moving but to teach them the importance of exercise. This class will focus on coordination, group exercises and other fun fitness activities which will help kids increase speed, flexibility, agility and structure. Ages 7-12 years old.

BANQUET ROOM
Tues. & Thurs.
5:45-6:45pm

FUN & FIT JUNIOR

30 minute class that creates a fun environment by combining exercise and games in the water so your child is sure to have a good time! Ages 7+.

COMPETITION POOL
Thurs. 5:30-6:00pm
Sun. 1:00-1:30pm