

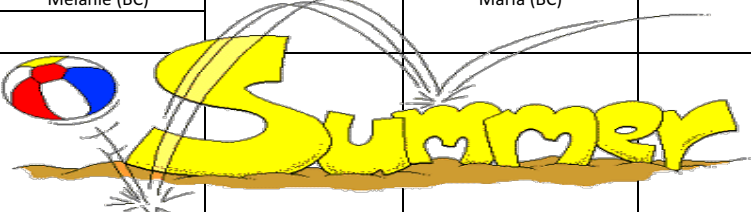





SUMMER

KIDS FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					Family Cycle (45) All Ages (must be able to reach pedals) 10:15AM - 11:00AM Jennifer (CS)	
	 1:00PM - 1:45PM Natalia (GX)		#TeamFamilyWorkout 1:00PM - 1:45PM Melanie (BC)		Sports & Conditioning for Kids 12:00PM - 12:45PM Maria (BC)	
Sports & Conditioning for Kids 4:00PM - 4:45PM  Staff (BC)		Youth Running Club 5:30PM - 6:30PM Ages 10-17 Mike (lobby)* <i>Fee based class</i>				
Youth Running Club 5:30PM - 6:30PM Ages 10-17 Mike (lobby)* <i>Fee based class</i>	Swim Team Cycle Swim Team ONLY 5:15PM - 6:00PM Jennifer (CS)	Kids Yoga Ages 6 and Up 5:30PM - 6:25PM Nuvana (MB)		 HIP HOP 101 ages 9 - Adult 7:15p - 8:10pm Vilay (GX)		