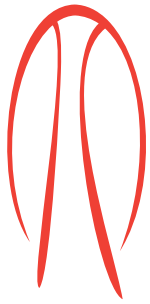


Junior Fun Fitness

FEBRUARY 2019



SPORTSPLEX

MONDAY	5:30–6:00PM	Fit for Fun	Ages 5–8	Amanda
	6:00–6:30PM	Fit for Fun	Ages 5–8	Amanda
WEDNESDAY	5:30–6:00PM	Fit for Fun	Ages 5–8	Tai
	6:00–6:30PM	Fit for Fun	Ages 5–8	Tai
THURSDAY	4:30–5:30PM	SPX Youth Fitness	Ages 9–12	Andres
	5:30–6:25PM	Kids Yoga	Ages 4–8	Ashley

****KIDS WILL MEET THE INSTRUCTOR IN THE CAFE TO GO TO CLASS****
Please **DO NOT** wait outside the Wellness Studio

Register for **ALL Kids**
Classes on the **SPX APP** or
reception desk

ALL classes are held in the Wellness Studio

FIT FOR FUN: In this 30 minute class, kids ages 5-8 will be exposed to different fitness formats from dance to kickboxing, Pilates to bootcamp, focusing on learning moves in a safe, fun way. Through games, play, and movement, kids will explore fitness in a non-intimidating way to foster a lifetime love of staying active and healthy. Come for 30 minutes or the whole hour—no two classes are ever the same! Please wear appropriate footwear and bring a water bottle.

SPX YOUTH FITNESS: This class is designed to introduce your youth into fitness. They will learn the basic exercises to keep them fit & strong.

KIDS YOGA: Guides children in exploring the practice of yoga in an fun, age-appropriate, creative, and nurturing way. Children will be taught the basic yoga poses, so that they may keep their bodies healthy, cultivate self-esteem, cope with life stresses more effectively and aid in their balance and coordination.