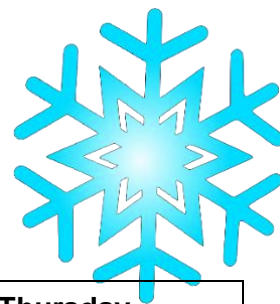


Quarter 1 2020 Kidz in Motion Group Exercise Schedule



Monday	Tuesday	Wednesday	Thursday
Kidz Cardio 5:30-6:30p Kenzie Studio 1	Kidz Team Games 5:30-6:30p Seán Gym Side A	Kidz Strategy 5:30-6:30p Seán Studio 1	Kidz Cardio 5:30-6:30p Ezra Gym Side A

**Kids classes are for ages 6-13 years only. Descriptions for classes can be found online*

**Kids who wish to participate in classes will be escorted from the Kidz room to class by a staff member*

**Classes may be held outside (weather permitting) so please dress appropriately*

Kidz Supervised Open Activities

Monday	
Sports Performance Techniques	
5-7p	Kids will participate in drills including speed, agility, and other sports performance techniques!
Wednesday	
Kidz Open Rock Wall	
5-7p	Kids will climb the rock wall and learn climbing techniques. Open gym/outdoor activities will also be available to keep them moving and having fun!

Tuesday/Thursday	
Sports Games	
5-7p Tues. 5-7pm Thurs.	Kids will participate in sports oriented activities and games including dodgeball, baseball, basketball and more!

**Kids supervised times are for ages 6-13 years only.*

**Kids who wish to participate in scheduled activities will be escorted from the Kidz room to class by a staff member*

**Activities may be held outside (weather permitting) so please dress appropriately*

**Supervised times are held during the specified hours and are subject to change based on facility needs*

Kidz in Motion Room Hours

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9a-12p	9a-12p	9a-12p	9a-12p	9a-12p	9a-12p	9a-12p
4-8p	4-8p	4-8p	4-8p	4-7p		

***Kidz in Motion morning gym/outdoor activities take place between 9:30-11:30a**

*** Kidz in Motion evening gym/outdoor activities take place between 4:30-6:30p**

**Kidz in Motion child watch room is open for ages 6 month to 13 years old*

**Activities for kids may be held during designated times above depending on facility needs, availability of space, and staffing*

**Activities during designated times may be held outside (weather permitting) so please dress appropriately*

