

Kids Group Exercise

Monday	Tuesday	Wednesday	Thursday
9:45 – 10:30 am Tumbleweeds	4:15 – 4:45 pm YogaKids 4 - 6 year olds March 31 – May 27	5:30 – 6:15 pm ZumbaKids March 4 – 25	9:15 – 10:00 am Tumbleweeds
	4:45 – 5:45 pm YogaKids 7 – 13 year olds March 31 – May 27		

Class descriptions –

Tumbleweeds - FUN for ages 3 to 6.

This complimentary kids class is designed to get your child moving! Activities include running games, movement to music, obstacle courses, parachute play, imaginary play and much, much more.

YogaKids – for ages 4 to 6 and 7 to 13.

YogaKids is a unique approach to integrative learning using yoga as a pathway. Reading, storytelling, music, and creative arts blend seamlessly with yoga movement to educate the “whole” child. Children who practice YogaKids develop strong, limber bodies, foster creative expression and imagination, relax and sleep better.

Please bring a Yoga mat to each class.

8 weeks – Member \$56 or Non Member \$84. Sign up at the front desk. A minimum of 5 kids must be enrolled in each class.

ZumbaKids – for ages 6 to 13.

Yes, kids can Zumba too! This Latin inspired dance/fitness class is designed just for KIDS!

Kids will have fun dancing to upbeat, kid friendly music while learning Latin, Hip-Hop, Reggaeton, and other International moves. Zumba Kids encourages your child to make fitness an important part of their life and teaches them that exercise can be FUN!

4 weeks – Member \$28 or Non Member \$42. Sign up at the front desk. A minimum of 5 kids must be enrolled in each class.