

National Fitness Center Signature January 2019 KIDS IN MOTION

Gym			Turf Room			KIM Room			Climbing Wall		
*Indicates that children from KIM Stars group may be invited to participate in KIM Pro classes.											
3 to 4 Years - KIM Jr.			*5 to 7 Years - KIM Star			8 to 12 Years - KIM Pro					
Time	Class	Instructor	Time	Class	Instructor	Time	Class	Instructor			
MONDAY											
9:30-10:00	M & M	Alla									
10:00-10:30	Circle Time	Alla									
5:30-6:00	Cheer/Tumble	Kelsye	5:30-7:00	Rock Wall	Nicole/Diana	5:30-7:00	Rock Wall	Nicole/Diana			
6:00-6:30	Anml Yoga	Haley	5:30-6:00	Anml Yoga	Haley	6:00-6:30	Cheer/Tumble	Kelsye			
			6:30-7:00	Cheer/Tumble	Kelsye	6:30-7:00	Anml Yoga	Haley			
TUESDAY											
9:00-9:30	Ballet	Gabriela									
5:30-6:00	Gaga Ball	Taylor	5:30-6:00	Basic Karate	Paul	5:30-6:00	Basic Karate	Paul			
6:00-6:30	Recess	Nicole	5:30-6:00	Dodgeball	Nicole	6:00-6:30	Gaga Ball	Taylor			
			6:00-7:00	Adv. Karate	Paul	6:00-7:00	Adv. Karate	Paul			
			6:30-7:00	Gaga Ball	Taylor	6:30-7:00	Dodgeball	Nicole			
WEDNESDAY											
9:30-10:00	WOW	Nicole									
10:00-10:30	Recess	Nicole									
5:30-6:00	Ballet	Gabriela	5:30-6:00	Soccer	Lindsey	5:30-6:00	Soccer	Lindsey			
6:00-6:30	Sports Skills	Lindsey	5:30-7:00	Rock Wall	Nicole/Diana	5:30-7:00	Rock Wall	Nicole/Diana			
			6:00-6:30	Ballet	Gabriela	6:00-6:30	Ballet	Gabriela			
THURSDAY											
9:30-10:00	Tumble	Nicole									
10:00-10:30	M & M	Nicole									
5:30-6:00	Have a Ball	Nicole	5:30-6:00	Basic Karate	Paul	5:30-6:00	Basic Karate	Paul			
6:00-6:30	WOW	Kelsye	5:30-6:00	WOW	Kelsye	6:00-6:30	Basketball	Nicole			
			6:00-7:00	Adv. Karate	Paul	6:00-7:00	Adv. Karate	Paul			
			6:30-7:00	Basketball	Nicole	6:30-7:00	WOW	Kelsye			
FRIDAY											
9:30-10:00	WOW	Nicole									
10:00-10:30	Sports Skills	Nicole									
SATURDAY											
9:30-10:00	Recess	Haley	9:30-11:00	Rock Wall	Nicole	9:30-11:00	Rock Wall	Nicole			
			10:00-10:30	Fit Kids	Haley	10:00-10:30	Fit Kids	Haley			
Childcare Hours: M-TH 8-12 & 3-9 Fri 8-12 & 3-8 Sat 8-12 Sun 3-6											
There will not be any KIM classes Jan. 1 due to the New Year.											

Did You Know...

Exercising on a regular basis helps boost your immune system!
This means that by exercising, you may get sick less often than people who don't exercise.



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