

# National Fitness Center Signature

## March 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					
Time	Class	Instructor	Time	Class	Instructor	Time	Class				
<b>MONDAY</b>											
9:30-10:00	M & M	Alla									
10:00-10:30	Circle Time	Alla									
5:30-6:00	Cheer/Tumble	Laura	5:30-7:00	Rock Wall	Elena/Taylor	5:30-7:00	Rock Wall				
6:00-6:30	Anml Yoga	Haley	5:30-6:00	Anml Yoga	Haley	6:00-6:30	Cheer/Tumble				
			6:30-7:00	Cheer/Tumble	Laura	6:30-7:00	Anml Yoga				
<b>TUESDAY</b>											
9:00-9:30	Ballet	Gabriela									
5:30-6:00	Gaga Ball	Courtney	5:30-6:00	Basic Karate	Paul	5:30-6:00	Basic Karate				
6:00-6:30	Recess	Jessie	5:30-6:00	Dodgeball	Jessie	6:00-6:30	Gaga Ball				
			6:00-7:00	Adv. Karate	Paul	6:00-7:00	Adv. Karate				
			6:00-6:30	Gaga Ball	Courtney	6:30-7:00	Dodgeball				
<b>WEDNESDAY</b>											
9:30-10:00	WOW	Trey									
10:00-10:30	Recess	Trey									
5:30-6:00	Ballet	Gabriela	5:30-6:00	Sports Skills	Lindsey	6:30-7:00	Sports Skills				
6:00-6:30	Sports Skills	Lindsey	5:30-7:00	Rock Wall	Mary/Diana	5:30-7:00	Rock Wall				
			6:00-6:30	Ballet	Gabriela	6:00-6:30	Ballet				
<b>THURSDAY</b>											
9:30-10:00	Tumble	Kelsye									
10:00-10:30	M & M	Kelsye									
5:30-6:00	Have a Ball	Courtney	5:30-6:00	Basic Karate	Paul	5:30-6:00	Basic Karate				
6:00-6:30	WOW	Jessie	5:30-6:00	WOW	Jessie	6:00-6:30	Basketball				
			6:00-7:00	Adv. Karate	Paul	6:00-7:00	Adv. Karate				
			6:30-7:00	Basketball	Courtney	6:30-7:00	WOW				
<b>FRIDAY</b>											
9:30-10:00	WOW	Trey									
10:00-10:30	Sports Skills	Trey									
<b>SATURDAY</b>											
9:30-10:00	Recess	Haley	9:30-11:00	Rock Wall	Mary/Diana	9:30-11:00	Rock Wall				
			10:00-10:30	Fit Kids	Haley	10:00-10:30	Fit Kids				
<b>Childcare Hours: M-TH 8-12 &amp; 3-9 Fri 8-12 &amp; 3-8 Sat 8-12 Sun 3-6</b>											
<b>There will be KIM classes in the morning for 5 - 12 year olds during Spring Break!</b>											



### 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.





Pro

Instructor



Elena/Taylor

Laura

Haley



Paul

Courtney

Paul

Jessie



Lindsey

Mary/Diana

Gabriela



Paul

Courtney

Paul

Jessie



Mary/Diana

Haley









|

.....