



# KIDS in MOTION

## January SIGNATURE

3-4 YEARS

5-7 YEARS

8-12 YEARS

MONDAY		
	9:00 - 9:30 Ball Sports <b>Trey GYM</b>	9:00 - 9:30 Ball Sports <b>Trey GYM</b>
5:30 - 6:00 Ball Sports <b>Teagan &amp; Mya TURF ROOM</b>	5:30-6:00 Tumble/Cheer <b>Emma/Aden K.I.M.</b>	6:00-6:30 Tumble/Cheer <b>Emma/Aden K.I.M.</b>
TUESDAY		
	9:00-9:30 Retro Recess <b>Allie Turf Room</b>	9:00-9:30 Retro Recess <b>Allie Turf Room</b>
	5:00-6:00 Basic Karate <b>Harrison &amp; Tracy K.I.M.</b>	5:00-6:00 Basic Karate <b>Harrison &amp; Tracy K.I.M.</b>
6:00 - 6:30 Retro Recess <b>Macy &amp; Kaitlyn TURF ROOM</b>	6:00 - 7:00 Adv. Karate <b>Harrison &amp; Tracy K.I.M.</b>	6:00 - 7:00 Adv. Karate <b>Harrison &amp; Tracy K.I.M.</b>
	6:30 - 7:00 Retro Recess <b>Mya TURF ROOM</b>	7:00-7:30 Retro Recess <b>Mya TURF ROOM</b>
WEDNESDAY		
9:00-9:30 Ball Sports <b>Riley GYM</b>	9:30 - 10:00 Ball Sports <b>Riley GYM</b>	9:30 - 10:00 Ball Sports <b>Riley GYM</b>
	10:00 - 10:30 Bolt <b>Trey TURF ROOM</b>	10:00 - 10:30 Bolt <b>Trey TURF ROOM</b>
5:30-6:00 Kids Jam <b>Isabella GYM</b>	6:00-7:00 Tumble/Cheer <b>Ravon K.I.M.</b>	6:00-7:00 Tumble/Cheer <b>Ravon K.I.M.</b>
	7:00-7:30 Ballet <b>Audrey K.I.M.</b>	7:30-8:00 Ballet <b>Audrey K.I.M.</b>
THURSDAY		
9:00 - 9:30 Creative Movement <b>Gym</b>	9:30-10:00 BallSport <b>Mark Gym</b>	9:30-10:00 Ball Sport <b>Mark Gym</b>
4:30-5:30 Ball Sports <b>Teagan &amp; Mya TURF ROOM</b>	5:00-6:00 Basic Karate <b>Harrison &amp; Tracy K.I.M.</b>	5:00-6:00 Basic Karate <b>Harrison &amp; Tracy K.I.M.</b>
5:30-6:00 Retro Recess <b>Macy TURF ROOM</b>	6:00- 7:00 Adv. Karate <b>Harrison &amp; Tracy K.I.M.</b>	6:00 - 7:00 Adv. Karate <b>Harrison &amp; Tracy K.I.M.</b>
	6:00 - 7:00 Rockwall <b>Trey</b>	6:00 - 7:00 Rockwall <b>Trey</b>
6:00-6:30 Creative Movement <b>Teagan GYM</b>	7:00-7:30 Fit Kid <b>Leonard Turf Room</b>	7:30-8:00 Fit kids <b>Leonard Turf Room</b>
FRIDAY		
	10:00- 10:30 Ball Sport <b>Monroe Gym</b>	10:00 - 10:30 Creative Movement <b>Claire GYM</b>
SATURDAY		
	10:30-11:00 Tumble/Cheer <b>Ravon K.I.M.</b>	11-11:30 Tumble/Cheer <b>Ravon K.I.M.</b>
<b>Childcare Hours: M-TH 8-12p &amp; 3-9p FR 8-12p &amp; 3-8p SA 8-12p SU 3-6p</b> <b>Rockwall Hours with Jim: Monday (6-9) Wednesday (6-9) Saturday (8-12)</b>		

- **Ball Sports (3-12)**- This class is competitive, fast paced, and FUN! Children will hone their gross motor skills and develop agility while playing various ball sports from basketball to volleyball and everything in between. Each week will focus on a different sport allowing kids to experience a variety of activities and find their PASSION.
- **Ballet and Barre**- This class will focus on the fundamentals of ballet. Class structure will combine barre work with stretching, strength building movements and dance.
- **Bolt**- Lace up your Running Shoes. This class will develop and encourage kids of all running and fitness abilities to move to the next level. Through the incorporation of games, activities, and races kids will see an increase in endurance and self-confidence.
- **Creative Movements (3-12)**- Imagination will run wild in this movement filled class. Basic locomotor skills will be used to run, gallop, skip and crawl. Each class will offer a variety of activities from obstacle courses to relay races to keep youngsters on their toes.
- **Fit Kids (3-6; 30 min)** This mini aerobics class introduces fitness basics through play. Youngsters will participate in a variety of activities get their hearts pumping and begin building strength and stamina.
- **Fit Kids (7-12; 45 min)** -this conditioning workout is designed to increase stamina and cardio endurance through short burst of high intensity activities. Kids will also focus on building strength and coordination through drills, circuit stations, group exercises, and fun games. This class is a great way to keep those little ones in shape while having fun.
- **Kids Jam (3-12)** – This class will be full of movement, fun, and DANCING! No one type of dance style will be used. We’re going to shake things up to keep each class full of excitement! Come Shake Your Groove Thing, No Rhythm Required!!
- **Retro Recess (3-12)** This class is a tribute to all the games played during PE and Recess. Kids won’t even realize they are working out while playing dodgeball, TAG, kickball, parachute games and much more.
- **Strong Kids (7-12)** – Kids will build strong bones and muscles in this class with resistance and body weight training. This class teaches muscle names and introduces proper form and technique for executing exercise such as: crunches, push-ups, lunges, and squats.
- **Tumble/Cheer (3-12)** This class will teach basic cheerleading and tumble skills. Kids will learn cheers, chants, jumps, and dance routines. Tumbling activities will vary based on experience and knowledge. Activities will increase flexibility, core, upper and lower body strength.
- **Yoga (7-12)** – Kids will learn basic yoga poses in a slow and easy to understand format. This class focuses on increasing flexibility and coordination.
- **Animal Yoga (3-6)** Tots will be introduced to yoga basics through animal poses and letters of the alphabet. This interactive class uses animal sounds and fun movements to increase flexibility and fine motor skills.

### Specialty Classes (not available at all locations)

- **Isshinryu Karate (7-2 yrs. 1 hour)**- This class is based on children’s self-defense. Children will learn the basics of karate kicks and punch. It will help to build their self-esteem and give them a positive feeling to learn who they are and how to handle themselves. Proper attire requested for this class (Gi, which may be purchased at the Front Desk). Children will also be able to test for specific belts when the instructor feels each child has met the requirements.
- **Beginner Isshinryu Karate (4-6 yrs.)**- Children will learn the basics of karate kicks and punches. It will help build their self-esteem and give them a positive feeling to learn who they are and how to handle themselves. Proper attire is required for this class (NFC uniform-gi)
- **Rock Climbing (Signature Only)** A youth rock climbing class will focus on developing the fundamentals of rock climbing technique such as footwork, sequencing movement and commitment. Kids will see gains in upper body, core strength and flexibility. This class is open to all abilities and skill levels.

Classes Subject to Change at the Discretion of Director.

Classes may vary by location and date. Please check with your location for exact class times and availability.



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