

YKids Fitness

Age appropriate registration only.
Children under 12, parents must remain on premise.

Give your kids the gift of health that will last a lifetime. Being active early in life helps instill healthy lifestyle habits that your child can carry into adulthood reducing their risk of chronic diseases – both now and later!

Demo Classes – Come out and try all of our classes for free the week of 3/30.

Get Fit 4 Kidz - Participating in this outdoor class is a great way for your kids to learn how to stay physically fit, practice team work/cooperative play, and build self-confidence. Your kids will stay active while playing games & relays. Rookies ages 4 – 5, Pro's ages 6 – 8, All-Stars ages 9 – 11.

Kid's Hip Hop

Kids will learn basic dance skills such as rhythm, following choreography and developing body control while dancing to fun and appropriate Hip Hop style music. For children ages 6 – 8 and 9 – 11.

Kid's Zumba

Kids love Zumba's high energy and fun music. It's a 'feel happy' workout and a great way for kids to express themselves. For children ages 6 – 8 and 9 – 11.

Mommy & Baby Bootcamp

Want to fit back into your pre baby shape? Join Personal Trainer Jessica for a Bootcamp style workout that includes your baby. This class will include cardiovascular and resistance training. All fitness levels welcome. (6 weeks old to pre-walkers)

Mommy & Me Cardio Circuit (Stroller Required)

Come enjoy some quality time with your little one while you get a good workout. This is an outdoor class that includes portions of cardio and sculpting. A stroller is required. All fitness levels welcome. (6 weeks old to 18 months)

Outdoor Fitness Fusion

This outdoor class is geared toward getting your kids moving to improve their cardiovascular health and fitness with fun games and drills. Classes available for kids ages 6 – 9 and 9 – 11.

Play and Learn Together

Enjoy time with your little one as they explore, discover, create and have fun while developing motor and social skills. Enjoy music, story time, art work, movement and FUN! Classes available for kids ages 18 – 24mths.

Yoga Kids

Encouraging self-confidence and independence, this class integrates partner postures with traditional yoga poses. It introduces breathing techniques, meditation and relaxation. Children learn life skills and an appreciation of self while achieving the physical benefits of a Hatha Yoga class. For children ages 6 – 8 and 9 – 11.

Yogini Play

A mixture of fun games incorporating breathing technique and yoga postures. For children ages 2 – 3.

Registration Dates:

Members – 3/29/09

Session Dates: 4/13 to 5/23/09

Fee: \$25 first class session/child, \$15 each additional class session/child

Non-Members – 4/2/09

Fee \$115 per child