

KIDS & TEENS FITNESS PROGRAMS

BEGINNING TENNIS - Introducing young players to proper tennis technique; building skills using drills & games.

AGES	DAYS	TIMES	LOCATION	INSTRUCTOR	MARCH FEES
7 - 10 yrs	Mon. & Fri.	4:00 - 5:00pm	Tennis Court	Noah	M - \$135 NM - \$180

DANCE FITNESS / ZUMBA - High energy cardio dance classes with kid-friendly routines. *minimum of 5 students.

AGES	DAYS	TIMES	LOCATION	INSTRUCTOR	MARCH FEES - Starts Mar. 11th
6 - 12 yrs	Thursdays	4:30 - 5:15	Group X pods	Emily	M - \$45 NM - \$60

KARATE - Learn the basics & gain confidence, discipline, & focus, while getting a great cardio workout.

AGES	DAYS	TIMES	LOCATION	INSTRUCTOR	MONTHLY FEES
6 - 12 yrs	Mon, Tues, & Thurs	3:30 - 4:15pm	Group X pods	Sensei Jim	M - \$99 NM - \$171 (per month)
6 - 12 yrs	Saturdays	11:00-11:45am	Group X pods	Sensei Jim	M - \$99 NM - \$171 (per month)

STRENGTH TRAINING - Students will learn the fundamentals of strength training in their own individual pods.

AGES	DAYS	TIMES	LOCATION	INSTRUCTOR	MARCH FEES
13 - 18 yrs	Mondays	4:30 - 5:30pm	Weight Area	Mike	M - \$75 NM - \$100
12 - 15 yrs	Mon. & Wed.	3:30 - 4:30pm	Weight Area	Mike	M - \$150 NM - \$200
12 - 15 yrs	Tues. & Thurs.	3:00 - 4:00pm	Weight Area	Mike	M - \$135 NM - \$180
13 - 18 yrs	Thursdays	4:00 - 5:00pm	Weight Area	Mike	M - \$60 NM - \$80

YOUTH SWIM FITNESS - Learn new strokes & achieve personal goals. Students must be able to swim 2 laps.

AGES	DAYS	TIMES	LOCATION	INSTRUCTOR	MARCH FEES
5 - 18 yrs	Wednesdays	3:15 - 4:00pm	Lap Pool	Karen CP	M - \$75 NM - \$100
5 - 18 yrs	Fridays	3:15 - 4:00pm	Lap Pool	Karen CP	M - \$60 NM - \$80

CALL OR VISIT SERVICE DESK TO SIGN UP | 707.528.2582

CLASSES ARE LIMITED TO 12 STUDENTS.