

KIDS & TEENS FITNESS PROGRAMS

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

AGES	DAYS	TIMES	LOCATION	INSTRUCTOR	SEPTEMBER FEES
7 - 10 yrs	Mon. & Fri.	4:00 - 5:00pm	Tennis Court	Noah	M - \$105 NM - \$140
11 - 15 yrs	Mondays	5:00 - 6:00pm	Tennis Court	Noah	M - \$45 NM - \$60

BODYBUILDING - Introduction to bodybuilding techniques formatted for teens.

AGES	DAYS	TIMES	LOCATION	INSTRUCTOR	SEPTEMBER FEES
13 - 18 yrs	Mon. & Wed.	6:00 - 6:45pm	Weight area	Ace	M - \$120 NM - \$160

DANCE FITNESS - High energy cardio dance classes with kid-friendly routines.

AGES	DAYS	TIMES	LOCATION	INSTRUCTOR	SEPTEMBER FEES - begins 09.16
6 - 12 yrs	Wednesday	3:00 - 4:00pm	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	Tues. & Thurs	4:15 - 5:00pm	Oak Tree	Sensei Jim	M - \$99 NM - \$171 (<i>per month</i>)

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

AGES	DAYS	TIMES	LOCATION	INSTRUCTOR	SEPTEMBER FEES
12 - 15 yrs	Mon. & Wed.	3:00 - 4:00pm	Weight area	Mike	M - \$120 NM - \$160
12 - 15 yrs	Tues. & Thurs.	3:00 - 4:00pm	Weight area	Mike	M - \$135 NM - \$180

YOGA - Yoga basics, mindfulness, and relaxation for kids.

AGES	DAYS	TIMES	LOCATION	INSTRUCTOR	SEPTEMBER FEES
7 - 12 yrs	Wednesday	2:00 - 3:00pm	Oak Tree	Vickie	M - \$75 NM - \$100

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

AGES	DAYS	TIMES	LOCATION	INSTRUCTOR	SEPTEMBER 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.