



KIDS GROUP FITNESS CLASSES NEW 2012 SCHEDULE

- Racquetball Instruction
- Fit Games
- Healthy Bellies
- Kid Power!
- Intro to Weights
- Speed, Power & Agility
- Zumbatomic®
- Skip, Hop & Jump
- Splash Games in the Pool



NEW!

Hip Hop Dance Club

Fridays

6:15 to 8:30
at Canyon Rim
ages 6 to 11



SEE OTHER SIDE FOR
SCHEDULE & CLASS
DESCRIPTIONS

NO SIGN UP NECESSARY
FREE WITH MEMBERSHIP



FIT GAMES is a wide variety of structured games working on all aspects of fitness: strength, cardio endurance, flexibility, agility, balance, coordination and reaction time.

RACQUETBALL INSTRUCTION Kids learn the fundamental techniques and dynamics of this popular sport. Kids develop motor functions & hand-eye coordination while setting them up for a lifetime of fitness.

INTRO TO STRENGTH TRAINING introduces the key basics of strength and fitness training using 3lb to 10lb weights, focusing on proper body alignment, breathing, abdominal exercises & proper etiquette. Kids learn how to exercise independently & safely.

ZUMBATOMIC® is a specially designed class for kids to encourage development of healthy lifestyle & fitness as a *natural* part of their lives through dance, music and exercise.

KID POWER! Active and FUN! Kid friendly obstacle course to help children discover their strengths and inner ability to reach their full personal potential.

HEALTHY BELLIES is a fun, practical introduction to nutrition: food as fuel, weight management, positive body image, & overall healthy bodies inside and out. In school or on the playing field, kids who eat well perform better and achieve higher levels of self confidence.

SKIP, HOP, AND JUMP is a safe, effective & fun method of exercising that links strength with speed of movement to produce power while strengthening bones and burning calories.

SPEED, POWER AND AGILITY is designed for kids who play or want to play a sport where sudden bursts of speed, quick changes in direction and balance while in motion are important.

SPLASH GAMES Kids love these swimming pool games. Play water tag games, race games, diving games, water ball games and more!

HIP HOP DANCE CLUB Dance like your favorite pop stars! In this high-energy, age-appropriate class, kids will learn fun techniques and combinations, danced to their favorite music. Dance instruction and free dance time for kids 6 to 11yrs.

CANYON RIM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:15	ZUMBATOMIC®	INTRO TO STRENGTH TRAINING	RACQUETBALL COURT 2 OR FIT GAMES UPSTAIRS	INTRO TO STRENGTH TRAINING	
5:15	KID POWER!	HEALTHY BELLIES	KID POWER!	SKIP, HOP & JUMP	HIP HOP DANCE CLUB 6:15 TO 8:30
6:15	FIT GAMES				
7:15	FIT GAMES				
ELIZABETH					
4:30	SPEED, POWER, AGILITY			SPEED, POWER, AGILITY	
6:15	SPLASH GAMES	SPLASH GAMES	SPLASH GAMES	SPLASH GAMES	

FIT GAMES Saturday mornings at Canyon Rim: 9:00 to 12:30 a.m.

XR ZONE an interactive fitness arcade at the Elizabeth Street Y. Kids have fun on the latest in digital interactive fitness including a motorized rock climbing wall and XBOX 360 with KINECT. The kids can have a BLAST in the XR Zone! M-Th 4-8 p.m. & Fri 4-7 p.m. Saturdays 9 a.m.-12p.m.

ICEBERG INVASION Every Saturday at the YMCA /City POOL 1:00 – 5:00 p.m.