

YOUTH FITNESS CLASS SCHEDULE

Effective 4/17/2025



Youth Studio Classes:	Monday	Tuesday	Wednesday	Thursday	Friday
Hop, Skip & Sing	9 – 9:30 am Nikki B		9 – 9:30 am Nikki B		
Ballet Basics (3+)	9:30 – 10 am Nikki B		9:30 – 10 am Nikki B		
Move & Groove (3-5)		11 – 11:30 am Jeannie B			
Beat Blast- Cardio Drumming (3-5)		11:30 am – 12 pm Nicole J			
Move & Groove (6-12)	4:30 – 5 pm Katy B		4:30 – 5 pm Katy B		
Beat Blast- Cardio Drumming (6+)	5 – 5:30 pm Katy B		5 – 5:30 pm Katy B		
Mommy & Me (3+)		5 – 5:30 pm Nikki B			
Kids Barre (6+)		5:30 – 6 pm Nikki B		5:30 – 6 pm Jacque S	

PIT Classes:	Monday	Tuesday	Wednesday	Thursday	Friday
Ninja Zone (3+)		10 – 10:30 am Nikki B		10 – 10:30 am Emily K	
CrossFit Kids (3-5)	10 - 10:30 am Emily K & Nikki B		10 - 10:30 am Emily K & Nikki B		10 - 10:30 am Emily K
CrossFit Kids (6-8)	5:30 -6 pm Kennedee D		5:30 – 6 pm Luke H		
CrossFit Kids (9+)	5:30 – 6 pm Riri C		5:30 – 6 pm Riri C		

**SCAN TO
SIGN UP**



***Children must be signed in and dropped off at Child Watch to attend classes.** Instructors and Child Watch staff will pick them up and take them back to Child Watch.

***Please try to register your child 30 minutes before class start time.** This ensures instructors are prepared regarding class size and helps Child Watch prepare to send children to class.

YOUTH FITNESS CLASS DESCRIPTIONS



Hop, Skip, & Sing- This class is designed for young children to explore rhythm, coordination and creativity through music and movement. Each session includes interactive songs and playful exercises that develop motor skills, social interaction and a love for music. With engaging props, instruments and upbeat tunes, kids will jump, clap, spin and sing their way to a joyful learning experience.

Ballet Basics- This beginner-friendly class is designed to teach young dancers the fundamentals of ballet in a fun and supportive environment. Children will learn basic positions, movements, and terminology while improving coordination, flexibility, and balance.

Mommy and Me+- Have your kids ever asked if they can work out WITH you? Now, they can! With the focus primarily on the kids, parents and kids can work out together. We will build confidence in children around exercise, as well as getting in a few extra squats for mom and dad. Everyone is sure to leave feeling strong, confident, and ready to conquer the day!

Move and Groove- Bring your best moves for this choreography based cardio class. For boys and girls, join us as we learn dances to tunes from Hakuna Matata to We Will Rock You. Theme and choreography will rotate every 4 weeks, so you are sure to nail down every move!

Ninja Zone- Obstacle course style functional fitness class designed to improve hand-eye coordination, dexterity, speed, friendly competition and most importantly, FUN!

Beat Blast- This upbeat cardio class is calling all DRUMMERS! Instructors will teach a choreographed cardio drumming routine using a pair of drumsticks and an exercise ball. This non-stop moving class is sure to get the heart rate up while having a blast.

Kids Barre- A combination of postures inspired by Ballet, Yoga and Pilates. The barre is used as a prop for exercises focusing on isometric strength training combined with high reps of small range-of-motion movements.