



MOVE IT

KIDS

FITNESS

SCHEDULE



Ages 9 - 14



## Tuesday & Thursday

**\*\*4:30 - 5:15pm | Group Fitness Studio 1**

\*\*Pre-registration Required/Limited spots available

Register via Online Services (lclub.com), My LCRAC App, or our Front Desk.

### Tuesday's | Up Your Game\*

January 2 | Kayla

January 9 | Sam

January 16 | Kayla

January 23 | Sam

January 30 | Kayla

February 6 | Sam

February 13 | Kayla

February 20 | Sam

February 27 | Kayla

### Thursday's Class Rotation

January 4 | BODYCOMBAT | Kim

January 11 | Yoga | Susan S.

January 18 | POUND | Kelly

January 25 | Zumba | Debbi

February 1 | BODYCOMBAT | Niki

February 8 | Yoga | Kris

February 15 | POUND | Kayla

February 22 | Rebounding | Sue

\*Up Your Game is a fun class designed to engage your child physically through games & sports related movements. This is a great freestyle class that will have a variety of workouts for your son or daughter.

For more information, contact Ann Glor | [glora@lclub.com](mailto:glora@lclub.com)