



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.