

## Fall 2021-2022

Classes start September 13, 2021

Generation Move kids group fitness classes are available to our young members (class age ranges 7-13) looking to stay active! Generation Move provides more options for our youth to enjoy and maintain a healthy lifestyle.

\* Instructors and classes are subject to change.

<i>KIDZ Running Club with Coach Lyn - Ages 6-8 &amp; 9-13 years</i>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	4:30-5:00pm 6-8yrs Indoor Track		4:30-5:00pm 9-13yrs Indoor Track	
	5:00-5:30 9-13yrs Indoor Track		5:00-5:30 6-8yrs Indoor Track	
<i>KIDZ Spin - 28" inseam mandatory</i>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		6:00-6:30pm Wheelhouse		4:15-4:45pm Wheelhouse Joe
<i>KIDZ Bootcamp with Coach Lyn Ages 6-8 &amp; 9-13 years</i>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:30-5:00pm 6-8yrs Monkey Room		4:15-4:45pm 9-13yrs Monkey Room		
5:00-5:30pm 9-13yrs Monkey Room		4:45-5:15pm 6-8yrs Monkey Room		
<i>Kidz Gym with Coach Lyn - Ages 9-13 years</i>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30-6:00pm 9-13yrs Monkey Room				
<i>Kidz Yoga Ages 6-8 &amp; 9-13 years</i>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		5:15-5:45pm 9-13yrs Monkey Room		4:15-4:45pm 6-8yrs Monkey Room
		5:45-6:15pm 6-8yrs Monkey Room		4:45-5:15pm 9-13yrs Monkey Room

### Overview Calendar 2021/2022

<u>Mon Sept 13th</u>	Classes Begin	<u>February 19-21st</u>	No classes Presidents weekend
<u>Wed Nov 24th</u>	No Class after 12:00 noon	<u>Apr 15-24th</u>	No classes Spring Break
<u>Thanksgiving</u>	No Class Nov 25-28th	<u>May 28-30th</u>	No classes Memorial weekend
<u>Winter Break</u>	No Classes Dec 24th-Jan 2nd	<u>June 10th</u>	Last day of classes



## Generation Move Class Descriptions

Participants must follow class rules and direction of coaches or will be removed from class

### *KIDZ Running Club with Coach Lyn - Ages 6-8 & 9-13 years*

*Running can be a lifelong joy, building character and integrity while fostering confidence and self respect. Running Club will help your child find their love for running and a healthy lifestyle while making some friends along the way. Participants must be able to follow direction of coaches or will be removed from class. Participants must wear sneakers and bring a refillable water bottle. Class meets at the Indoor Track*

### *KIDZ Spin - 28" inseam mandatory*

*KidzSpin is 30-minute indoor group cardio class. It is a sport specific, non-competitive, individually paced ride that is designed to promote health and well-being. Participants must wear sneakers and bring a refillable water bottle. Class meets in the Wheelhouse*

*Please note the PARENTS MUST BRING CHILD TO FIRST CLASS and must wait until Instructor can make sure that the child fits on the bike properly. For the safety of the child, if they are not able to adequately fit on the bike they will not be allowed to participate.*

### *KIDZ Bootcamp with Coach Lyn - Ages 6-8 & 9-13 years*

*Our KidzBootcamp is a fun workout that consists of sports drills, light weights, circuits, fun games and interval training. Improve your strength and stamina for any activity. Encouraging participants not only to perform exercises, but also how to support and encourage one another. Participants must be able to follow direction of coaches or will be removed from class. Participants must wear sneakers and bring a refillable water bottle. This class is held in the Monkey Room*

### *Kidz Gym - Ages 9-13 years*

*KidzGym is a game oriented program in a pressure free environment, designed to show our young participants that physical activity can be fun! Participants must be able to follow direction of coaches or will be removed from class. Participants must wear sneakers and bring a refillable water bottle.*

### *Kidz Yoga - Ages 6-8 & 9-13 years*

*The art of Yoga is known for enhancing strength, posture, focus and flexibility. These key focus points will help all youth with developing good study habits and enhance sports performance while encouraging and promoting a healthy lifestyle. Participants must be able to follow direction of coaches or will be removed from class. Participants must bring their own yoga mat. This class meets in the Monkey Room*