

## Fall 2022-2023

Classes start September 12, 2022

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 6/8 yrs Indoor Track		4:30-5:00pm 6/8 yrs Indoor Track		4:30-5:00pm 6/8 yrs Indoor Track
5:00-5:30pm 9/13 yrs Indoor Track		5:00-5:30pm 9/13 yrs Indoor Track		
<i>KIDZ Bootcamp with Coach Lyn Ages 6-8 &amp; 9-13 years</i>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	4:30-5:00 6/8 yrs Garage		4:30-5:00 6/8 yrs Garage	
	5:00-5:30 9/13 yrs Garage		5:00-5:30 9/13 yrs Garage	
<i>Pre-Fit with Coach Lyn - Ages 9-13 years</i>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:45-6:15 9-13yrs Preva	5:45-6:15 9-13yrs Preva	5:45-6:15 9-13yrs Preva	5:45-6:15 9-13yrs Preva	5:15-5:45 9-13yrs Preva
<i>KIDZ Spln - 28" Inseam mandatory</i>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		6:00-6:30 Kristi Wheelhouse		4:15-4:45pm Joe Wheelhouse
<i>Kidz Mind Body Ages 6-8 &amp; 9-13 years</i>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mat Pilates 4:30-5:00pm 9-13yrs Prana				Yoga 4:15-4:45pm 6-8yrs Prana
				Yoga 4:45-5:15pm 9-13yrs Prana

### Overview Calendar 2022/2023

Mon Sept 12th	Classes Begin	Winter Break	No Classes Dec 24th-Jan 2nd
Mon Oct 31st *	No Class after 12:00 noon	February 17-20th	No classes Presidents weekend
Wed Nov 23rd *	No Class after 12:00 noon	Apr 7-16th	No classes Spring Break
Thanksgiving	No Class Nov 24-27th	May 27-29th	No classes Memorial weekend
Fri Dec 23rd *	No Class after 12:00 noon	June 10th	Last day of classes



## Generation Move Class Descriptions

### *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 wear sneakers and bring a refillable water bottle. Class meets at the Indoor Track*

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

*Our 30 minute 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 wear sneakers and bring a refillable water bottle. This class is held in the Garage*

### *Pre-Fit with Coach Lyn - Ages 9-13 years*

*Our 30 minute Pre-Fit class is held in the Preva Studio to introduce and acclimate our pre-teen members to the equipment they will find on our fitness floor when they become 'full-fledged' adults at HealthQuest. This class will guide them with the proper way to use the fitness equipment, adjust equipment for individual use as well as gym etiquette all while getting a proper work out. Participant workouts will be adjusted to the individual based on equipment use capability/sizing. 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 Preva Studio*

### *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 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 bring their own yoga mat. This class meets in The Prana Studio*

### *Kidz Mat Pilates 9-13 years*

*This 30 minute class will introduce your child to the wonders of Mat Pilates. Mat Pilates is a way to stretch and strengthen your body, primarily the muscles of the core, which span from your hips to your shoulders. Participants must bring their own yoga mat. This class meets in the Prana Studio*