

Fall 2023-2024

Classes run Sept 11, 2023- June 14, 2024

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 & 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		
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 & 9-13 years</i>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	4:30-5:00 6/8 yrs Court 2		4:30-5:00 6/8 yrs Studio 1	
	5:00-5:30 9/13 yrs Court 2		5:00-5:30 9/13 yrs Studio 1	
<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 Spin - 28" Inseam mandatory</i>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		6:00-6:30 Kristi Wheelhouse	4:30-5:00pm Katie Wheelhouse	
<i>Kidz Mind & Body Ages 6-8 & 9-13 years</i>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Strength & Balance 4:30-5:00pm 9-13yrs Prana				Yoga 4:30-5:00pm 6-8yrs Prana
				Yoga 5:00-5:30pm 9-13yrs Prana

Overview Calendar 2023 - 2024			
<u>Mon Sept 11th</u>	Classes Begin	February 16-19th	No classes Presidents weekend
<u>Wed Nov 22nd</u>	No Class after 12:00 noon	Mar 29 - April 7th	No classes Spring Break
<u>Thanksgiving</u>	No Class Nov 23-26th	May 24-27th	No classes Memorial weekend
<u>Fri Dec 22nd</u>	No Class after 12 Noon	June 14th	Last day of classes
<u>Winter Break</u>	No Classes Dec 23rd-Jan 2nd		



Generation Move Class Descriptions

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

KIDZ Running Club - 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 - 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

Pre-Fit - Ages 9-13 years

Our 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 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

Strength & Balance- Ages 9-13 years

During the 30 minute class we will combine blocks of strength and core working on improving range of motion as well as building a strong core to improve balance and stability. This class is open to children of all fitness levels. This class meets in the Prana Studio