

Updated 4/15/24

Class age range 6-12 years

Summer 2024

Classes run July 1 - Aug 3

Generation Move kids group fitness classes are available to our young members (class age ranges 6-13) 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 9/13yrs Indoor Track | 5:00-5:30pm 9/13yrs Indoor Track | | | |
| <i>KIDZ Bootcamp with Coach Lyn Ages 6-8 & 9-13years</i> | | | | |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| | | 4:00-4:30 6/8 yrs Studio 1 | 4:30-5:00 6/8 yrs Studio 1 | |
| | | 4:30-5:00 9/13 yrs Studio 1 | 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 Fitness Center | 5:45-6:15 9/13yrs Fitness Center | 5:15-5:45 9/13yrs Fitness Center | 5:45-6:15 9/13yrs Fitness Center | |
| <i>KIDZ Spin - 28" Inseam mandatory</i> | | | | |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| 5:15-5:45 7-12yrs Katie G. | | 5:15-5:45 7-12yrs Katie G. | | |
| <i>Kidz Mind & Body Ages 6-8 & 9-13 years - In the Prana Studio</i> | | | | |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Stretch & Balance 4:30-5:00 9/13yrs Katie G. | | | | Yoga 4:30-5:00 9/13yrs Izabela |
| | | | | Yoga 5:00-5:30 6/8yrs Izabela |

Mon July 1, 2024

Classes Begin

Fri Aug 3, 2024

Last day of classes

NO CLASSES JULY 4th



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 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 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 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

Stretch & Balance- Ages 9-13 years

During the 30 minute class you will be going through dynamic stretching and static stretching, 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