

Generation Move Fall 2024-2025



Updated 10/16/24

Classes run Sept 9, 2024- June 13, 2025

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 9/13 yrs Indoor Track	5:00-5:30pm 9/13 yrs Indoor Track			
<i>KIDZ Bootcamp with Coach Lyn Ages 6-8 & 9-13years</i>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			4:30-5:00pm 6/8 yrs Studio 1	4:30-5:00pm 6/8 yrs Studio 1
			5:00-5:30pm 9/13 yrs Studio 1	5:00-5:30pm 9/13 yrs Studio 1
<i>Pre-Fit - Ages 9-13 years (with Coach Lyn unless otherwise noted)</i>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:30-5:00pm Coach RJ Fitness Center	4:30-5:00pm Coach Ella Fitness Center	4:30-5:00pm Fitness Center	4:30-5:00pm Coach Tyler Fitness Center	5:45-6:15pm Coach Lyn Fitness Center
5:45-6:15pm Coach Lyn Fitness Center	5:45-6:15pm Coach Lyn Fitness Center	5:00-5:30pm Fitness Center	5:45-6:15pm Coach Lyn Fitness Center	
		5:45-6:15pm Fitness Center		
<i>KIDZ Cycle - Ages 9-13 years MUST be able to sit in saddle and reach pedals comfortably - MUST be measured at first class</i>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		5:15-5:45pm Katie Wheelhouse	6:00-6:30pm Katie Wheelhouse	
<i>Kidz Mind & Body Ages 6-8 & 9-13 years</i>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Strength & Balance 5:30-6:00pm 9-13yrs Releve	Yoga 4:30-5:00pm 9-13yrs Prana
				Yoga 5:00-5:30pm 6-8yrs Prana
<i>KIDZ Jab & Jump 9-13years</i>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			4:45-5:15pm 9-13 yrs Releve	
2024 - 2025 Calendar				
Mon Sept 9th	Classes Begin		February 14-17th	No class Presidents weekend
Thurs Oct 31st *	No Class after 12:00 noon		April 18-27th	No classes Spring Break
Wed Nov 27th *	No Class after 12:00 noon		May 23-26th	No class Memorial weekend
Thanksgiving	No Class Nov 28-Dec 1st		June 13th	Last day of classes
Winter Break	No Classes Dec 23rd-Jan 1st			



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 Cycle - 9-13 years

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. Child MUST be able to sit in saddle and reach pedals comfortably. 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.

Pre-Fit - Ages 9-13 years

Our Pre-Fit class is held on the Fitness Floor 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 on the Fitness Floor

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 Prana Studio

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 Releve Studio

Kidz Jab & Jump- Ages 9-13 years

Jab and Jump is a 30 minute high energy cardio class that combines the fun of boxing moves such as jabs, crosses, hooks and footwork with sports inspired moves such as jumping jacks, skaters, burpees and jump lunges. Perfect for building strength, coordination and confidence. Jab and Jump will keep kids engaged with exciting drills that feel more like fun than exercise. It's a great way to stay active, develop focus and burn off energy. This class meets in the Releve Studio