

Generation Move Fall 2026-2027

Updated

Classes run Sept 14, 2026- June 11, 2026



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.

KIDZ Running Club with Coach Lyn - Ages 6-8 & 9-13 years				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5pm-530pm 6-8yrs 430pm-500pm 9-13 yrs	430pm-500pm 6-8yrs 500pm-530pm 9-13 yrs			
KIDZ Bootcamp with Coach Lyn Ages 6-8 & 9-13years				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			430pm-500pm 9-13 yrs 500pm-5:30 6-8yrs	430-500pm 6-8yrs 500pm-530pm 9-13yrs
Pre-Fit - Ages 9-13 years (with Coach Lyn unless otherwise noted)				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
430pm-500pm 9-13yrs 545pm-615pm 9-13yrs	430pm-500pm 9-13yrs 545pm-615pm 9-13yrs	430pm-500pm 9-13yrs 500pm-530pm 9-13yrs 545pm-615pm 9-13yrs	430pm-500pm 9-13yrs 545pm-615pm 9-13yrs	5:45pm-6:15pm 9-13yrs
KIDZ Cycle - Ages 9-13 years MUST be able to sit in saddle and reach pedals comfortably - MUST be measured at first class				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
505pm-535pm 9-13yrs		515pm -545pm 9-13yrs		
Kidz Mind & Body Ages 6-8 & 9-13 years				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			515pm-545pm 9-13yrs Strength and Balance	430-5pm 6-8yrs 500-5:30pm 9-13yrs yoga

2025 - 2026 Calendar			
<u>Mon Sept 14th</u>	Classes Begin	<u>February 14-17th</u>	No class Presidents weekend
<u>Thurs Oct 31st *</u>	No Class after 12:00 noon	<u>April 18-27th</u>	No classes Spring Break
<u>Wed Nov 27th *</u>	No Class after 12:00 noon	<u>May 23-26th</u>	No class Memorial weekend
<u>Thanksgiving</u>	No Class Nov 28-Dec 1st	<u>June 11th</u>	Last day of classes
<u>Winter Break</u>	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