



# BODYWORKS

# YOUTH FITNESS

## Class Schedule

### BONUS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>34th</b>	9:15 AM My First P.E. 5:30 PM Dodgeball	9:15 AM Let's Play 5:45 PM Extreme P.E.	9:15 AM My First P.E. 5:45 PM Extreme P.E.	9:15 AM My First P.E. 6:15 PM Dodgeball	9:15 AM Balls Galore 5:30 PM Extreme P.E.	
<b>4th</b>	9:15 AM Let's Play	9:15 AM Pre-Soccer	9:15 AM On My Feet 5:30 PM Basketball	9:15 AM Tumble Bumble	9:15 AM My First P.E.	
<b>82nd</b>	9:15 AM Balls Galore 10:15 AM Move to the Beat 5:45 PM Dodgeball 5:45 PM Balls Galore	9:15 AM My First P.E. 5:45 PM My First P.E. 5:45 PM Spider Climber	9:15 AM On My Feet 5:45 PM My First P.E. 5:45 PM Ballet	9:15 AM Balls Galore 5:45 PM Balls Galore 5:45 PM Spider Climber	9:15 AM Let's Play 5:45 PM Extreme P.E.	

*The goal of the Bodyworks Youth Fitness program is to make exercise part of your child's daily life. Our age-appropriate classes promote strength, flexibility and agility for growing bodies.*

## **BONUS MONDAYS!**

*No matter if your child is on a family membership or not, all children are invited to participate in any of our Monday Classes*

*Bonus Mondays Available For A Limited Time*

### **Restrictions:**

Youth Fitness Classes are reserved for Bodyworks members. To attend classes, your child must be on a family membership or pay a \$5 drop-in fee. On BONUS MONDAYS, all children have access to classes, regardless of membership type.

**All Youth Fitness Classes Require Athletic Shoes**



# Tadpole Classes

(3 to 6 Years)

## Balls Galore

Tadpoles will have fun while they learn, practice, and master throwing, catching, kicking, hitting, bouncing, and rolling balls while incorporating concepts of high, low, fast, slow, etc.

## Cheer Tots

Join Taylor Thomas to learn fundamentals of cheerleading. Your little one will learn cheers, chants, motions, and kicks for the big game!

## Dance Party

Join the party! Tadpoles will be movin and groovin to fun music. A high-energy, fun way for little ones to be active.

## Let's Play

Tadpoles will have tons of fun learning and playing games. Not only will this class keep them moving, it will teach sportsmanship and turn taking.

## Move to the Beat

Tadpoles will be moving to music in this fun movement class! We will mix song, instruments, and movement for tadpoles to make movement fun! They will learn different body movements, songs and actions, sense of space, and rhythm.

## My First P.E.

Come play with us on the court. Our fun instructors will have you pumped about P.E. as you play extreme games with everything from obstacle courses to relays; this class will take you to the extreme. Extreme games makes extreme fun!

## On My Feet

Tadpoles will have fun learning and developing different skills on their feet such as running, skipping, jumping, hopping, galloping, etc. They will learn to be a good sport, turn taking, and concepts such as fast/slow, high/low, big/small.

## Tumble Bumble

Your little tadpole will be moving in new ways in this basic intro to gymnastics class. They will learn stretching, balance, and basic floor and beam skills. A combination of games and drills will allow your tadpole to learn while having fun! Please note that space is limited to 10 per class.



# LEAPFROG Classes

(6 to 12 Years)

## Basketball

Calling all Leapfrogs to the court! Come learn basic skills, individual and team drills encompassing shooting, dribbling, footwork, ball handling, and passing/catching. It will be an energetic, positive athletic experience.

## Cheer

Bring on your enthusiasm and spunk! Join Taylor Thomas to learn fundamentals of cheerleading. She will teach more advanced cheer techniques, posture, cheers, chants, kicks, and jumps.

## Dodge Ball

No explanation need here! Leapfrogs will have a blast!

## Extreme P.E.

Come play with us on the court. Our fun instructors will have you pumped about P.E. as you play extreme games with everything from obstacle courses to relays; this class will take you to the extreme. Extreme games makes extreme fun!

## Hip-Hop

Leapfrogs will strengthen and tone while working on flexibility and relaxation techniques. This class utilizes a variety of poses to help release stress & find more energy.

## Yoga

Leapfrogs will strengthen and tone while working on flexibility and relaxation techniques. This class utilizes a variety of poses to help release stress & find more energy.



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Require Athletic Shoes**