



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

JANUARY

# Kid Fitness

## CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>Kidfit</b> 11:00am-11:45am Large Gym

Please note: - Classes may be canceled if they do not maintain a high enough participation level.

	<b>CATCH Kids</b> 5:30pm-6:30pm Small Gym	<b>Kids On the Move</b> 5:30pm-6:30pm Small Gym			

Kid Fitness Classes are free for members and \$5 per class for non-members.