





# Kids In Motion ~3-5 yrs~September 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>DON'T WANT TO SAY GOODBYE TO SUMMER JUST YET? NFC HAS SWIM LESSONS YEAR ROUND AND WE ALSO HAVE A SWIM TEAM! FOR MORE INFORMATION PLEASE INQUIRE AT FRONT DESK!</i></p>			<p>1 10:00 ABC Yoga - Lori</p>	<p>2 9:15 Morning Wake up! 5:00 Pre Karate (4- 6)</p>	<p>3 10:00 Catch Me! - Lori</p>	<p>4 9:30 S.P.L.A.A.T - Christine</p>
<p>5</p> 	<p>6 <b>NO CLASSES</b> <b>CHILDCARE HOURS</b> <b>8AM-12PM</b> <b>NO PM!!</b></p>	<p>7 9:15 Morning Wake up! 5:30 Creative Mvmt - Lori</p>	<p>8 10:00 ABC Yoga - Lori</p>	<p>9 9:15 Morning Wake up! 5:00 Pre Karate (4- 6)</p>	<p>10 10:00 Catch Me! - Lori</p>	<p>11 9:30 S.P.L.A.A.T - Christine</p>
<p>12</p> 	<p>13 10:00 Pre-Tumble - Lori 5:00 Basketball - Andrea 5:30 Pre Ballet - Brittany</p>	<p>14 9:15 Morning Wake up! 5:30 Creative Mvmt - Lori</p>	<p>15 10:00 ABC Yoga - Lori</p>	<p>16 9:15 Morning Wake up! 5:00 Pre Karate (4- 6)</p>	<p>17 10:00 Catch Me! - Lori</p>	<p>18 9:30 S.P.L.A.A.T - Christine</p>
<p>19</p> 	<p>20 10:00 Pre-Tumble - Lori 5:00 Basketball - Andrea 5:30 Pre Ballet - Brittany</p>	<p>21 9:15 Morning Wake up! 5:30 Creative Mvmt - Lori</p>	<p>22 10:00 ABC Yoga - Lori</p>	<p>23 9:15 Morning Wake up! 5:00 Pre Karate (4- 6)</p>	<p>24 10:00 Catch Me! - Lori</p>	<p>25 9:30 S.P.L.A.A.T - Christine</p>
	<p>27 10:00 Pre-Tumble - Lori 5:00 Basketball - Andrea 5:30 Pre Ballet - Brittany</p>	<p>28 9:15 Morning Wake up! 5:30 Creative Mvmt - Lori</p>	<p>29 10:00 ABC Yoga - Lori</p>	<p>30 9:15 Morning Wake up! 5:00 Pre Karate (4-6)</p>	<p><b>National Fitness Center</b> <b>750 Briarcliff Ave Oak Ridge, TN</b> <b>37830</b> <b>Contact: Lori Trabalka 483-6868</b> <b>lorit@nfc1.com</b></p>	