

2012 KIDS IN MOTION COURT SOUTH- SOUTH

Monday	Tuesday	Wednesday	Thursday	Friday
5:30 Ball Sports 6:00 Fit Kids	6:00 Pre-Tumble 6:30 Animal Yoga	4:30 Ballet Paige 5:00 Kids Jam Paige		*Please see a Fitness Consultant for more information about signing your child up for KIDS IN MOTION!
Don't forget that swim lesson are available year-round!			See the front desk for more information.	

Kids Jam

This is a more upbeat hip-hop dance class. Children will learn isolations with their head, shoulders, hips, and ribcage. They will also learn the different dances to be able to perform. Comfortable clothing is required.

Pre-Tumble

This class will teach the basic tumbling skills. Children will work on forward rolls and building arm strength thru bridges and push-ups. They will also begin working on splits and backward rolls, as well as flexibility. Comfortable clothing is required. Kids need to be able to move freely.

Ballet

A beginning class that will focus on the fundamentals of ballet, this class is a great class to introduce your children to dance. Class is structured and will combine barre work, stretching, and floor work. Proper attire (leotard with tights and ballet slippers) is requested.

Fit Kids

A mini aerobics class for little tots, kids will hula hoop, jump rope, run circuit stations, play games, and more! This class integrates fitness basics, muscle names, and cardiovascular endurance while making fitness fun!

Ball Sports

This class will focus on many different types of sports that use balls. Kids will be able to gain the knowledge and skill of various sports such as.... basketball, soccer, volleyball, handball, kickball, and much more!

Yoga

Kids will learn basic yoga poses in a slow and easy to understand format. This class is great to get kids introduced to yoga so that child and parent can then take yoga home and exercise together!

