



We build strong kids, strong families, strong communities.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Youth Arcade open all day! Supervised hours M,T,R 3:30-7:30						
9:00am	Preschool PE (Gym)				Preschool PE (Gym)	Inflatable/Rock Wall
9:30am	9:30am-10:30am				9:00am-10:00am	9:00am-12:00pm
10:00am						
10:30am						NOTE: Inflatable/Rock Wall will change to 10:30am - 12:00pm beginning 9/26/09
11:00am						
11:30am						
12:00pm						
12:30pm						
1:00pm						
1:30pm						
2:00pm						
2:30pm						
3:00pm						
3:30pm	Arcade or The Zone	Arcade or The Zone	Arcade or The Zone	Arcade or The Zone		
4:00pm	3:30pm-4:30pm	3:30pm-4:30pm	3:30pm-4:30pm	3:30pm-4:30pm		
4:30pm	Gym Activity	Gym Activity	Inflatable	Gym Activity	Inflatable	
5:00pm	4:30pm-5:30pm	4:30pm-5:30pm	4:30pm-7:00pm	4:30pm-5:30pm	4:30pm-7:00pm	
5:30pm	Family Pilates	Arcade or The Zone			(begins Sept 11th)	
6:00pm	5:30pm-6:30pm	5:30pm-7:30pm				
6:30pm	KidFit (Gym)	Kid's Stretch (Zone)		CycleKids		
7:00pm	6:30pm-7:15pm	6:30pm-7pm		6:30pm-7:15pm		
7:30pm						
8:00pm						
Activities are subject to change.						

Family Pilates-A core stability and body conditioning mat based class. Class is for **youth 10 and up** accompanied by a parent/guardian.

KidFit- Bootcamp inspired class consisting of strength training and cardio circuits.

Preschool PE- A program designed to introduce physical, social and emotional skills for children ages 3-5 years. (Minimum of four(4) participants to have class)

Arcade or The Zone- Different daily activities will be held in one or both locations during this time, which consist of team building and physical activity in the form of play.

