



Effective 7/1/2010

We build strong kids, strong families, strong communities.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 AM						Supervised activities 9:00am-10:30am Arcade or Zone
9:30 AM						
10:00 AM	Supervised (Summer) activities from 10:15am-12:00pm Includes: gym, arcade and zone.	Supervised (Summer) activities from 9:00am-12:00pm Includes: gym, arcade and zone.	Supervised (Summer) activities from 10:15am-12:00pm Includes: gym, arcade and zone.	Supervised (Summer) activities from 9:00am-12:00pm Includes: gym, arcade and zone.	Supervised (Summer) activities from 10:15am-12:00pm Includes: gym, arcade and zone.	Inflatable/ Rock Wall 10:30am-12:30pm
10:30 AM						
12:00 AM						
12:30 PM						
3:30 PM	Gym Activity 3:30pm-4:30pm	Arcade or The Zone 3:30pm-4:30pm	Arcade or The Zone 3:30pm-4:30pm	Gym Activity 3:30pm-4:30pm		
4:30 PM						
4:45 PM	KidFit 4:45pm-5:15pm	Gym Activity 4:30pm-5:30pm	Inflatable 4:30pm-7:00pm	*NEW*KidFit 4:45pm-5:15pm (upstairs in meeting room)		
5:15 PM						
5:30 PM	Family Pilates 5:30pm-6:30pm	Arcade or The Zone 5:30pm-7:30pm	Inflatable 4:30pm-7:00pm	Arcade or The Zone 5:30pm-7:30pm	Inflatable 4:30pm-7:00pm	
6:00 PM						
6:30 PM						
6:45 PM	Arcade or The Zone 6:30pm-7:30pm	Arcade or The Zone 5:30pm-7:30pm				
7:00 PM						
7:30 PM						

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

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

Arcade or The Zone-Our arcade is equipped with Nintendo Wii and DDR game systems. Allowing kids to play interactive and energizing games. The Zone has hydrolic fitness equipment and air hockey. We also use The Zone for game time to build friendships.