

Youth Fitness Program Schedule

Fit Kid Experience / RU Fit?

Winter 2012

January 3rd - March

Parents must be in the building while their child is working out.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
		4:30pm ORIENTATION (registered & paid participants report 10 min earlier)		9:30-YFC ORIENTATION (registered & paid participants report 10 min earlier)
5:00-5:45-YFC Circuit Workout Super Circuit	5:00-5:45-YFC Circuit Workout Super Circuit	5:00-5:45 - YFC Circuit Workout Super Circuit	5:00-5:45-YFC Circuit Workout Super Circuit	10:00-10:45-YFC Circuit Workout
5:45-6:15-A Hip Hop	5:45-6:15-A Fit Games	5:45-6:15-A BOSU	5:45-6:15 -A Cardio Challenge	10:45-11:30-YFC Fit Jump
6:15-7:00-YFC Circuit Workout Super Circuit	6:15-7:00-YFC Circuit Workout Super Circuit	6:15-7:00-YFC Circuit Workout Super Circuit	6:15-7:00-YFC Circuit Workout Super Circuit	11:15-12:00-YFC Circuit Workout

Classroom Location Key

YFC= Youth Fitness Center A= Group Fitness A G= Auxiliary Gym

All program materials will be provided unless otherwise indicated by a specific instructor.

To participate in the Fit Kid Experience youth fitness programs:

- 1) Be an annual member to The Natatorium Health & Fitness Center
(Youth member payment plans available at the Welcome Desk)
- 2) **Register** and **pay** all applicable fees for a Fitness orientation **30 minutes** prior to their orientation start time.
- 3) Be between the ages of **8** and 13 years of age
- 4) Wear appropriate fitness clothing for the workouts
 - a) athletic shoes and socks, b) T-shirt, c) Stretchy pants or shorts (please try to avoid zippers or buttons on the pants or shorts) d) water and a personal towel is recommended for all classes and programs.
- 5) Successfully complete the Fitness orientation
- 6) The Trainers will meet all **paid & registered** orientation participants **10 minutes** prior to their orientation start time, to insure their orientation starts on time.

All classes/programs are taught by our professional staff.

Each child will receive a fitness T-Shirt, and water bottle at the completion of their orientation.

THE NATATORIUM

HEALTH & FITNESS CENTER
CUYAHOGA FALLS, OHIO

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