#### **SARC Fit Kids Aug 2023**

#### Class Schedule

#### **FREE w/ Family Membership**

## Monday

4:30pm – 5:30pm Strength and Conditioning (Ages 12+)

4:30pm – 5:15pm Fit Kids Cardio (Ages 5-12)

# Tuesday

4:30pm – 5:30pm Speed, Agility & Power (Ages 12+)

## Wednesday

4:30pm – 5:30pm Strength and Conditioning (Ages 12+)

4:30pm – 5:15pm Fit Kids Cardio (Ages 5-12)

# Thursday

4:30pm – 5:30pm Speed, Agility, Power (Ages 12 +)

**Fit Kids Cardio**– This Cardio class is packed with guaranteed fun! It will incorporate awesome music, foundational fitness moves and do-able dance moves that will leave your child more energized and excited about fitness.

**\*\* Class meets at the Dance Room**

**Strength and Conditioning** – A 1 hour workout dedicated to building strength and endurance in your young athlete. Functional strength exercises combined with moderate/high bouts of cardio. Great for those in sports and recreational exercisers as well.

**\*\* Class meets in Red Zone Room Upstairs**

**Speed, Agility & Power** – A 1 hour workout dedicated to enhancing speed, agility, quickness and power in your young athlete. Functional SAQ drills and plyometrics will be the focus to enhance movement quality and make them FAST! Great for those in sports and recreational exercisers as well.

**\*\* Class meets in Red Zone Room Upstairs**