

GO! YOUTH GROUP FITNESS WINTER QUARTER: January 4 - March 28, 2010

Midtown GO! Youth Group Fitness Class Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:15 am			Music & Movement (C) Elisa Ages 18m-5		
10:00 am					Creative Movement (C) Kamalar Ages 18m-5
10:30 am			Flip Flops -N-Fun (C) Elisa Ages 2½-5		
5:00 pm	Moove & Groove (B) Kelly Ages 3-7	Music & Movement (156) Madeline Ages 18m-5	Flip Flops -N-Fun (C) Elisa Ages 2-5		
		Game Zone (G) Julia Ages 5-12			
6:00 pm		Pee Wee Sports (C) Julia Ages 3-7	Youth Dance and Yoga (B) Alpa Ages 6-12		
6:30 pm			Hip Hop (A) Ages 9-Adult		

Location: (A) = Studio A, (B) = Studio B, (C) = Studio C, (G) = Gym, (156) = Room 156/2nd door

WEEKEND

TIME	SATURDAY	SUNDAY
10:00 am	Arts & Crafts (156) Julia Ages 4-7	
11:00 am	Creative Movement (C) Julia Ages 18m-5	

Uptown GO! Youth Group Fitness Class Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 am				Creative Movement (CR) Kamalar Ages 18m-5	

Location: (C) = Studio C, (CR) = Community Room

WEEKEND

TIME	SATURDAY	SUNDAY
1:45 pm		Twinkle Toes (C) Maria Ages 3-7

SPECIALIZED: SESSION 1: January 4 - January 31 | **SESSION 2:** February 1 - March 28

Midtown GO! Youth Specialized Fitness Class Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:00 pm			Group Training for Youth (B) Yolanda Ages 9-13		
6:00 pm	Beginning Tap, Jazz & Ballet (156) Elisa Ages 2-4		Beginning Tumbling (C) Elisa Ages 3-6		
6:45 pm	Tap, Jazz & Ballet (156) Elisa Ages 4-8		Advanced Tumbling (C) Elisa Ages 5-9		

Location: (A) = Studio A, (B) = Studio B, (C) = Studio C, (156) = Room 156/2nd door, (G) = Gym

WEEKEND

TIME	SATURDAY	SUNDAY
12:00 pm	Group Training for Youth (B) Yolanda Ages 9-13	Beginning Tap, Jazz and Ballet (C) Kamalar Ages 2-5
1:30 pm		Kung Fu Kids (C) Brent Ages 5-8
2:30 pm		Soccer Fun (G) Kristin Ages 3-7
		Young Masters Kung Fu (A) Brent Ages 7-13
3:30 pm		Tennis (G) Carrie Ages 7-12

Uptown GO! Youth Specialized Fitness Class Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:00 pm		Group Training for Youth (FD) Kelly Ages 9-13			

Location: (FD) = Fitness Desk

Schedule is subject to change based on attendance. Please check for schedule updates in the club or online.

GO! Youth and Family Fitness Coordinator (612) 215-4352