

GO! YOUTH GROUP FITNESS SPRING QUARTER: Run through June 27, 2010

Effective Date: June 14

Midtown GO! Youth Group Fitness Class Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:15 am			Music & Movement (C) Kamalar Ages 18m-5		
10:00 am					Creative Movement (C) Michelle Ages 18m-5
10:15 am			Flip Flops 'N' Fun (C) Kim Ages 30 months-5		
5:00 pm			Flip Flops 'N' Fun (C) Elisa Ages 30 months-5		
6:00 pm	Flip Flops 'N' Games (C) Rachel Ages 5-12	Pee Wee Sports (C) Julia Ages 3-7			

WEEKEND

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

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

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

SPECIALIZED: SPRING SESSION 1: April 5 - June 6

Midtown GO! Youth Specialized Fitness Class Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:15 am					Yogafit Kids (C) Michelle Ages 3-7
5:00 pm			Group Training for Youth (B) Yolanda Ages 9-13		
5:45 pm	Tap, Jazz & Ballet Tykes (156) Elisa Ages 2-4		Tumbling Kids (C) Elisa Ages 3-5		
6:30 pm	Tap, Jazz & Ballet (156) Elisa Ages 4-8		Tumbling Masters (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	Tap, Jazz and Ballet Tykes (C) Kamalar Ages 2-5
2:30 pm		Young Masters Kung Fu (A) Brent Ages 7-13
3:30 pm		Soccer Fun (G) Kristin Ages 4-7
4:00 pm	Yogafit Kids (A) Michelle Ages 3-7	
4:30 pm		Tennis (G) Carrie Ages 7-12

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