



# KidFit - Spring 2012

February 27 - May 19

No classes: April 2-7

## YOUTH AGES 3-5

Monday	Tuesday	Wednesday	Thursday	Friday
4:20 - 4:50pm Tough Tiny Tots Youth Studio 2 (3rd floor)	4:30 - 5:00pm Tough Tiny Tots Youth Studio 2 (3rd floor)	4:00 - 4:30pm Tough Tiny Tots Youth Studio 2 (3rd floor)	4:00 - 4:30pm Tough Tiny Tots Youth Studio 2 (3rd floor)	5:00 - 5:35pm Zumbatomic Group x Studio 2 (Ages 4-7)

## YOUTH AGES 6-9

Monday	Tuesday	Wednesday	Thursday	Friday
4:55 - 5:35pm Fun Fitness Youth Studio 2 (3rd floor)	5:05 - 5:40pm Fun Fitness (Girls Only) Youth Studio 2 (3rd floor)	4:35 - 5:10pm Fun Fitness Youth Studio 2 (3rd floor)	4:30 - 5:10pm Fun Fitness (Boys Only) Youth Studio 2 (3rd floor)	5:00 - 5:35pm Zumbatomic Group x Studio 2 (Ages 4-7)
				5:45 - 6:30pm Zumbatomic Group x Studio 2 (Ages 8+)

## YOUTH AGES 9-12

Monday	Tuesday	Wednesday	Thursday	Friday
	5:05 - 5:40pm Fun Fitness (Girls Only) Youth Studio 2 (3rd floor)		4:30 - 5:10pm Fun Fitness (Boys Only) Youth Studio 2 (3rd floor)	5:45 - 6:30pm Zumbatomic Group x Studio 1 (Ages 8+)

Youth Studio 2 - located on the 3rd floor in the old TKD studio

\*Unlimited Youth Boxing and MMA classes are available to children age 14 and under with NAC Family Plus Programs Membership. Please see the MMA schedule for classes, which are held next door in Big Leagues Academy.