

Fall 2017-2018 Schedule: Starting September 16th, 2017

Ages 7-13 years

\* Instructors and classes are subject to change. Online registration is open September 5th - September 8th

<b>KIDZ Running Club</b>					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00-5:30pm Track (10-13yrs) Lyn T.		5:00-5:30pm Track (10-13yrs) Lyn T.			
5:30-6:00pm Track (6-9yrs) Lyn T.		5:30-6:00pm Track (6-9yrs) Lyn T.			

<b>KIDZ Spin</b>					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:00-5:30 Ride Studio Christi			4:30-5:00pm Ride Studio Joe	

<b>KIDZ Bootcamp</b>					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			5:30-6:00pm MindBody Lyn		

<b>Family Yoga</b>					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				5:00-5:45pm MindBody Brittany	

<b>Kidz Gym</b>					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		4:30-5:15pm The Garage	4:30-5:15pm The Garage		

Generation Move kids group fitness classes are available to our young members (ages 7-13). looking to stay active! Generation Move provides more options for our youth to enjoy and maintain a healthy lifestyle.

Classes are complimentary with membership however registration is necessary for Generation Move.

Registration can be done with the Program Desk 908-782-4009 ext 233

#### Class Calendar

Classes Start Monday September 16th, 2017

For Changes in schedule please check the HealthQuest App

