

# Youth Fitness Class Schedule –2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10 a.m.		Mother Goose Time 2-5 yrs 10-10:30	Creative Movement 2-5 yrs 10-10:30	Play Ball! 3-5 yrs 10-10:30	Gymnastics 3-5 yrs 10-10:30	Sports Mania! 5-11 yrs 10-10:30
10:30 a.m.	<p><b>Become a FIT KID for only \$16 a month* and enjoy all of these FIT KID classes.</b></p>					Creative Movement 2-5 yrs 10:30-11
11 a.m.						
4:30 p.m.			Basketball Blowout 5-11 yrs 4:30-5	Challenge Course 5-11 yrs 4:30-5		
5 p.m.	Hip Hop 5-11 yrs 5-5:30	Kid Core 5-11 yrs 5-5:30	Sports Conditioning 5-11 yrs 5-5:30	Kids Yoga 5-11 yrs 5-5:30		
5:30 p.m.						
5:45 p.m.	Kickboxing 5-11 yrs 5:30-6	Power Tumbling 5-11 yrs 5:45-6:15	Intro to Volleyball 5-11 yrs 5:30-6	Gymnastics 5-11 yrs 5:30-6		
6 p.m.						
6:15 p.m.						
7 p.m.		Lil' Stars ZUMBA 4-7 yrs 7-7:30				
7:30 p.m.				Big Stars ZUMBA 8-11 yrs 7-7:45		
7:45 p.m.						

**FIT KIDS** may sign up for classes a week in advance!

Please call the RC Corral at **214-383-1030** to reserve your spots.

**Come check it out!**

Parent Observation Days will fall each day during the week of March 29-April 3.



CORRAL

Cooper  Fitness Center  
CRAIG RANCH

\*Due to the necessity of child care before and after the classes while you complete your workout, only KIDS CLUB members (\$9 a month) can sign up for the FIT KID program.

# Youth Fitness Class Descriptions

**Basketball Blowout** will allow kids the opportunity to get their energy out playing basketball in a fun and controlled environment. Each class will consist of drills, free time to practice skills, and an organized game.

The Cooper Kids **Challenge Course** will challenge kids to exercise their minds and bodies. Each class will consist of aerobic exercises, core strength & stability, and muscle flexibility & strength, through a warm-up, drills & stations, obstacle course, and cool down, intermixed with learning of the muscle groups.

**Creative Movement** is an active class for 2 to 5 year olds! This class will challenge kids' motor skills, coordination, balance, and much more through a variety of games and activities to music!

**Gymnastics** classes will introduce youth to the basics of gymnastics while providing a fun and active workout!

Looking for a creative way to get your kids moving? Try our Cooper Kids' **Hip-Hop** Class! Kids will have a blast shaking and moving to up beat music!

**Kickboxing** will give kids a total body workout and increase their strength, stamina, and flexibility. Each class will consist of a warm-up, cardio kickboxing, and a cool down and all moves will be performed to kids' favorite tunes!

**Kid Core** will integrate training techniques from a variety of formats including Yoga, Pilates, Gymnastics, and other forms of exercise. Through Kid Core, kids will gain an appreciation of fitness through game-centered activities and they will truly enjoy exercising!

**Play Ball!** will introduce children ages 3 - 5 to the rules and skills needed to play a variety of sports. Emphasis of the class will be on teamwork and encouragement as kids explore and learn new games.

For the more advanced gymnast or cheerleader, try our **Power Tumbling** class! This class will venture beyond the basic tumbling moves of gymnastics to offer more of a competitive edge in gymnastics or cheerleading.

Your kids will be exhausted after **Sports Conditioning!** Kids will go through a variety of activities and obstacles as they prepare their bodies and minds for sports & physical activity.

If you love sports and games, then **Sports Mania** is the class for you! Each week, kids will enjoy playing a different sport or game, all while strengthening their motor development.

Intro to **Volleyball** will allow kids the opportunity to get their energy out playing volleyball in a fun and controlled environment. Each class will consist of drills, free time, & an organized game.

Kids of all ages will enjoy this introduction to **Yoga**. Join our certified instructor for a class that will focus on building stronger, more flexible bodies and will improve balance, posture and breathing.

Join us for **ZUMBA!** Big Stars Zumba is a toned down version of the adult Zumba classes. Lil' Stars Zumba introduces kids to the basics of rhythm and dance. In both Zumba classes, kids are sure to get great exercise while having a ton of fun!