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|  **SUMMER YOUTH SCHEDULE** |
|  **MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY** |
| 9-950am | Story n More-limit 15Paper Create-limit 20 Flag Football | Scavenger Hunt-limit 20Iron Beads-limit 20Just Wheels | Story n More-limit 15Paper Create-limit 20Flag Football | Scavenger HuntLimit 20Iron Beads-limit 20Just Wheels | Dash & Splash |
| 10-1050am | Tumbling I—limit 15 Park HopDiamond Painting-12Drama | Board Games-limit 15Tot Time-limit 15Soccer | Park HopDiamond Painting-12Drama | Board Games-limit 15Tot Time-limit 15Soccer | Dash & Splash |
| 11-1150pm | Tumbling II – limit 15Science I-limit 20 Motion-limit 20 Adventures in Art-limit 12 | Play & MoreBasketballSpa Dayz | Science I-limit 20 Motion-limit 20 Adventures in Art-limit 12 | Play & MoreBasketballSpa Dayz | Fun Cooking Limit 1211-1230pm |
| 12-1250pm | Gymnastics I – limit 15Crochet & Loom-limit 12Science II- limit 12 | Bucket List-limit 20DodgeballAwesome Art | Crochet & Loom-limit 12Science II- limit 12Power | Bucket List-limit 20DodgeballAwesome Art |  |

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| **SUMMER FITNESS CLASS SCHEDULE** |
|  **MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY** |
| 5:30-6:15am | Morning Circuit | Pickleball | Morning Circuit | Pickleball | Stretch |
| 9-10am | Lift CircuitGroup Power | Summer Spin on the Deck9-9:30 | Lift CircuitGroup Power | Summer Spin on the Deck 9-9:30 | Lift Circuit |
| 9:30-10am |  |  |  |  |  |
| 10-11am | Zumba 10-10:45 | Barre  | Zumba 10-10:45 | Barre | Dance/FZ 10-1030\*split daysWalking 1030-1115 |
| 11-11:45pm | Tai-Chi 11-1130 | Gentle Yoga | Tai-Chi 11-1130 | Gentle Yoga |  |
| 12:10-12:50pm | LiftWet Vest | Wet Vest  | LiftWet Vest | Wet Vest  |  |
| 1-2pm |  | Find Your Strength |  | Find Your Strength |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| 5:15-6pm | Yoga FlowMonday only | LIFT |  | LIFT |  |
| 6:15-7pm |  | Cardio Kickboxing |  | Cardio Kickboxing |  |