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| **SUMMER YOUTH SCHEDULE** | | | | | |
| **MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY** | | | | | |
| 9-950am | Story n More-limit 15  Paper Create-  limit 20  Flag Football | Scavenger Hunt-limit 20  Iron Beads-limit 20  Just Wheels | Story n More-limit 15  Paper Create-limit 20  Flag Football | Scavenger Hunt  Limit 20  Iron Beads-limit 20  Just Wheels | Dash  &  Splash |
| 10-1050am | Tumbling I—limit 15  Park Hop  Diamond Painting-12  Drama | Board Games-  limit 15  Tot Time-limit 15  Soccer | Park Hop  Diamond Painting-12  Drama | Board Games-limit 15  Tot Time-limit 15  Soccer | Dash  &  Splash |
| 11-1150pm | Tumbling II – limit 15  Science I-limit 20 Motion-limit 20 Adventures in Art-limit 12 | Play & More  Basketball  Spa Dayz | Science I-limit 20  Motion-limit 20  Adventures in Art-  limit 12 | Play & More  Basketball  Spa Dayz | Fun Cooking  Limit 12  11-1230pm |
| 12-1250pm | Gymnastics I – limit 15  Crochet & Loom-limit 12  Science II- limit 12 | Bucket List-limit 20  Dodgeball  Awesome Art | Crochet & Loom-limit 12  Science II- limit 12  Power | Bucket List-limit 20  Dodgeball  Awesome 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 Circuit  Group Power | Summer Spin on the Deck  9-9:30 | Lift Circuit  Group 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 days  Walking 1030-1115 |
| 11-11:45pm | Tai-Chi 11-1130 | Gentle Yoga | Tai-Chi 11-1130 | Gentle Yoga |  |
| 12:10-12:50pm | Lift  Wet Vest | Wet Vest | Lift  Wet Vest | Wet Vest |  |
| 1-2pm |  | Find Your Strength |  | Find Your Strength |  |
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|  |  |  |  |  |  |
| 5:15-6pm | Yoga Flow  Monday only | LIFT |  | LIFT |  |
| 6:15-7pm |  | Cardio Kickboxing |  | Cardio Kickboxing |  |