



SPRING SCHEDULE

Spring Schedule Begins March 1st

Mondays

Open Play Hours	10:30am-5pm
Cardio Kickboxing	8:30am (45 minutes)
Boot Camp	9:15am (45 minutes)
Pilates Mat	10am (30 minutes)
Dress-Up & Play	3-5pm

Tuesdays

Open Play Hours	10:30am-5pm
Total Body Sculpt	9am (60 minutes)
Fitness Yoga	10am (30 minutes)
Dress-Up & Play	3-5pm

Wednesdays

Open Play Hours	10:30am-5pm
Step Core	8:30 (45 minutes)
Boot Camp	9:15am (45 minutes)
Butz & Gutz	10am (30 minutes)
Mommy & Me Ballet	4pm (30 minutes)
Ballet & Play	4:30pm (30 minutes)

Thursdays

Open Play Hours	10:30am-5pm
30/30/30 (Cardio, Strength, Core)	9am (90 minutes)
Kids Beginner Sports Skills	4pm (30 minutes)
Kids Gymnastics and Tumbling	4:30pm (30 minutes)

Fridays

Open Play Hours	10:30am-7pm
Circuit Training	8:30 (45 minutes)
Circuit Training	9:15am (45 minutes)
Pilates Mat	10am (30 minutes)
Create & Play	11am-1pm

Saturdays

Open Play Hours	10am-4pm (or later, call ahead)
Boot Camp	9am (60 minutes)

Sundays

Open Play Hours	12-5pm
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Daily Admission

Daily admission gives you access to the playground and/or adult and kids classes for the entire day (free child care offered during the adult classes).

Children under 2 years: \$6.95

Children 2 and up: \$9.95

Group Rate

15 or more children as a group. Reservations required.

\$7.95 (M-Th, NOT including school breaks)

\$8.95 (F-Sun, AND on school breaks)

Frequent Player Punch Card

12 Open Play Admission visits offered at a 20% discount off the regular admission price. The card never expires and can be shared among siblings

Children under 2: \$69 Children 2 and older: \$99

Family Fitness and Play

Membership

Unlimited Adult Fitness Classes (Mon.-Sat.)

Unlimited Childcare during Adult Fitness Classes

Unlimited Kids Enrichment Classes

Unlimited Open Play in the playground 7 days/week

Monthly Fee: \$49

(includes one adult and all children in the household)

One-Time Processing Fee: \$39

Interested in an Adult-Only Fitness Membership?

Monthly Fee: \$30

One-Time Processing Fee: \$29

CLASAS DESCRIPTIONS

Cardio Kickboxing (adult fitness)

Workouts will incorporate fundamental Kickboxing punches and kicks as well as core strengthening exercises. Sweat like crazy in this aerobic conditioning class designed to melt fat and calories. Bring a mat or towel for floor work.

30/30/30 (adult fitness)

30 minutes of cardio, 30 minutes of strength, 30 minutes of core and abdominals. Participate in one 30-minute segment or ALL three for a phenomenal 90 minute workout!

Step & Core (adult fitness)

Develop endurance, burn calories and build lean muscle tone with this step aerobics and core conditioning class. We keep the step moves simple and easy to follow so you can focus on getting a great workout. All fitness levels welcome.

Boot Camp (adult fitness)

High-intensity interval training including indoor and outdoor sports conditioning drills, resistance-training with weights and bands, core conditioning and more. Boost your metabolism with this total-body workout. Bring a mat or towel for floor work.

Circuit Training (adult fitness)

This class provides 45 minutes of cardio and strength work through the use of timed stations. Fitness equipment such as resistance balls, aerobic steps, bands and hand weights will be used.

Pilates Mat (adult fitness)

30 minutes of Pilates to develop long, lean muscles, increase flexibility and strengthen the spine and abdominal core. Bring a mat or towel.

Butz & Gutz (adult fitness)

Get ready to feel the burn as you tone and strengthen your abdominals, core, hips, thighs and glutes. 30 minutes of muscle conditioning where you want to feel it most. Bring a towel or mat.

Total Body Sculpt (adult fitness)

This class targets upper body, lower body and core through muscle-specific resistance exercises using bands and weights. Total body toning for a leaner, meaner you!

Fitness Yoga (adult fitness)

A smooth-flowing yoga routine to help develop balance, flexibility and strength. Classic yoga moves are combined with athletic poses to tone your body from head to toe.

Mommy & Me Ballet (ages 2-3 years)

Little dancers learn the basics of ballet with mom at their side to role model and encourage. We keep it simple and fun, developing basic technique through creative movement exercises and playful activities.

Ballet & Play (ages 4 and up)

This 30 minute ballet and creative movement class teaches proper technique, vocabulary and fundamentals. Children will learn a variety of dance combinations, exposing them to different movement forms. Self-expression through dance!

Beginner Sports Skills (ages 2 and up)

Prep your child for the world of competitive youth athletics with this 30-minute beginner sports clinic! Each class will offer practice of different sports skills such as throwing, catching, ball kicking, dribbling and more. Children will develop speed, coordination, endurance and agility.

Create & Play (ages 2 and up)

During this 2-hour block, craft supplies will be available in the picnic area for children to create their own masterpieces. Each week, a different themed project will be offered. Parent participation is encouraged.

Gymnastics and Tumbling (ages 3 and up)

This beginning gymnastics class includes a warm-up, stretch, tumbling skills, balance skills, obstacle courses and fitness activities. Children will gain strength, coordination and flexibility while having a ton of fun!

Dress-Up & Play (all ages)

Our party room transforms into a make-believe dress-up area with mirrors and music for dancing. Children can pretend they're a super hero, princess, cowboy or Elmo as they play the day away.

Schedule Subject to Change Without Notice