




# Island Playground

## May 2012

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	
<p><b>*Pre-register for Summer Camp while spots are still available!*</b></p>		<p><u>1</u></p> <p><b>Open Play</b> 10:30-5:00</p> <p>Sweat Cycle 8:30 Cycle Core 9:30</p> 	<p><u>2</u></p> <p><b>Open Play</b> 10:30-5:00</p> <p>Ultimate Sweat Camp 9:30</p>	<p><u>3</u></p> <p><b>Open Play</b> 10:30-5:00</p> <p>Sweat Cycle 8:30 Cycle Sculpt 9:30</p>	<p><u>4</u></p> <p><b>Open Play</b> 10:30-7:00</p> <p>Kickbox Camp 8:30 Ripped Yoga 9:30</p>	<p><u>5</u></p> <p><b>Open Play</b> 10:00-5:00</p>	
	<p><u>6</u></p> <p><b>Open Play</b> 12:00-5:00</p>	<p><u>7</u></p> <p><b>Open Play</b> 10:30-5:00</p> <p>Bootcamp 9:30</p>	<p><u>8</u></p> <p><b>Open Play</b> 10:30-5:00</p> <p>Sweat Cycle 8:30 Cycle Core 9:30</p>	<p><u>9</u></p> <p><b>Open Play</b> 10:30-5:00</p> <p>Ultimate Sweat Camp 9:30</p>	<p><u>10</u></p> <p><b>Open Play</b> 10:30-5:00</p> <p>Sweat Cycle 8:30 Cycle Sculpt 9:30</p>	<p><u>11</u></p> <p><b>Open Play</b> 10:30-7:00</p> <p>Kickbox Camp 8:30 Ripped Yoga 9:30 Mother's Day KidzArt 5:00-7:00pm</p>	<p><u>12</u></p> <p><b>Open Play</b> 10:00-5:00</p>
	<p><u>13</u></p> <p><b>Open Play</b> 12:00-5:00</p> 	<p><u>14</u></p> <p><b>Open Play</b> 10:30-5:00</p> <p>Bootcamp 9:30</p>	<p><u>15</u></p> <p><b>Open Play</b> 10:30-5:00</p> <p>Sweat Cycle 8:30 Cycle Core 9:30</p>	<p><u>16</u></p> <p><b>Open Play</b> 10:30-5:00</p> <p>Ultimate Sweat Camp 9:30</p>	<p><u>17</u></p> <p><b>Open Play</b> 10:30-5:00</p> <p>Sweat Cycle 8:30 Cycle Sculpt 9:30</p>	<p><u>18</u></p> <p><b>Open Play</b> 10:30-7:00</p> <p>Kickbox Camp 8:30 Ripped Yoga 9:30 DROP OFF Tween Dance Party 7:00-10:00pm</p>	<p><u>19</u></p> <p><b>Open Play</b> 10:00-5:00</p>
	<p><u>20</u></p> <p><b>Open Play</b> 12:00-5:00</p>	<p><u>21</u></p> <p><b>Open Play</b> 10:30-5:00</p> <p>Bootcamp 9:30</p>	<p><u>22</u></p> <p><b>Open Play</b> 10:30-5:00</p> <p>Sweat Cycle 8:30 Cycle Core 9:30</p>	<p><u>23</u></p> <p><b>Open Play</b> 10:30-5:00</p> <p>Ultimate Sweat Camp 9:30</p>	<p><u>24</u></p> <p><b>Open Play</b> 10:30-5:00</p> <p>Sweat Cycle 8:30 Cycle Sculpt 9:30</p>	<p><u>25</u></p> <p><b>Open Play</b> 10:30-7:00</p> <p>Kickbox Camp 8:30 Ripped Yoga 9:30 FAMILY Dance Party 5:00-7:00pm</p>	<p><u>26</u></p> <p><b>Open Play</b> 10:00-5:00</p>
	<p><u>27</u></p> <p><b>Open Play</b> 12:00-5:00</p>	<p><u>28</u></p> <p><b>Open Play</b> 10:30-5:00</p> <p>Bootcamp 9:30</p> 	<p><u>29</u></p> <p><b>Open Play</b> 10:30-5:00</p> <p>Sweat Cycle 8:30 Cycle Core 9:30</p>	<p><u>30</u></p> <p><b>Open Play</b> 10:30-5:00</p> <p>Ultimate Sweat Camp 9:30</p>	<p><u>31</u></p> <p><b>Open Play</b> 10:30-5:00</p> <p>Sweat Cycle 8:30 Cycle Sculpt 9:30</p>		

### Daily Admission

Daily admission gives you access to Open Play in the playground and all classes for the entire day.

(FREE child care offered during the adult fitness classes).

**Children under 2 years: \$6.95**

**Children 2 and up: \$9.95**

**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**

**SWEAT Fitness & Play Membership**-Full Membership to ISLAND PLAYGROUND for one adult and up to 3 children in the household. Includes Unlimited Adult Fitness Classes and FREE childcare while you workout!

**\$59/month\*** Additional Children: \$10/month

\*processing fee may apply

**Open Play Only Membership**- Unlimited Open Play Membership to ISLAND PLAYGROUND for one adult and up to 3 children in the household.

**\$39/month \*** Additional Children: \$10/month

\*processing fee may apply

### SWEAT Fitness Classes

**BOOT CAMP** Sports conditioning drills, resistance training and core exercises to melt fat and increase your metabolism in 60 minutes.

**ULTIMATE SWEAT CAMP**High-intensity intervals using indoor cycles, aerobic steps, jump ropes, obstacle courses & more. Anything goes!

**KICKBOX CAMP** Segments of cardio kickboxing combined with weight training will awaken your inner warrior while torching tons of calories.

**SWEAT CYCLE** A high-energy stationary bike workout set to great music. Enhance cardiovascular endurance and muscular strength while burning 500-600 calories in just 50 minutes.

**CYCLE CORE** A 30-40-minute ride followed by core conditioning.

**CYCLE SCULPT** A 50-minute workout using light weights during your ride.

**RIPPED YOGA** Body sculpting to strengthen & tone combined with smooth-flowing yoga to enhance balance & flexibility.

Awaken. Strengthen. Sculpt. Relax.

\*Bring towel, mat, and water to all classes\*

Please call ahead to reserve a bike and/or a spot for your child in childcare.

### Tween Dance Parties

**Who:** For tweens ages 7-12 years old

**What:** Dance floor, disco lights, glow-in-the-dark fun, dance contests, cool games & bouncers

**When:** 3<sup>rd</sup> Friday of each month, 7-10pm DROP-OFF

**Next Party: May 18th**

**Cost:** \$15 per child

Pizza dinner including drink and glow necklace can be purchased for an additional \$5.

**PREREGISTRATION REQUIRED**

### Summer Camp 2012

**Dates and Themes:**

**June 11-15** Rock Star Camp

**June 18-22** Fitness Fun N Tumbling

**June 25-29** Dance Move N Groove

**July 9-13** Amazing Animal Adventures

**July 16-20** Crazy Challenge Week

**July 23-27** Creative Kids Arts Camp

**July 30- August 3** IPG's Got Talent

**Ages 4 - 10 MUST BE POTTY TRAINED**

**9am-1pm \$99 per week \$5 sibling discount**

### Mother's Day KIDZART

**May 11<sup>th</sup> 5-7pm**

**Gifts from the heart...a celebration of Mother's Day!**

Come join IDEA Studio for a fun evening creating a Mother's Day keepsake!

When it comes to gifts from the heart, no one is more deserving!

ALL AGES WELCOME!

Standard admission rates apply

### Family Dance Party

**May 25<sup>th</sup> 5-7pm**

Join us for a night of dancing, fun, games, and prizes for ALL AGES!

Standard admission rates apply

**[www.island-playground.com](http://www.island-playground.com)**

**(843)-837-8383**