

FIT KIDS SCHEDULE APRIL 2017

MONDAY	Class Description	WED	Class Description
<p><u>APRIL 3</u> 4:30PM Kickboxing with Danny Moore</p>	<p><i>Begin with conditioning and then learn basic boxing techniques, kicking, cardiovascular, balance and coordination.</i></p>	<p><u>April 5</u> 4:30PM YOGA with Michael Grinnell</p>	<p><i>Improve the health, performance, and mental acuity of your level of fitness in this Yoga class. This Flow Yoga class is designed for beginners and those with sports related injuries. It blends balance, strength, flexibility and power in a fitness and strength building format.</i></p>
<p><u>APRIL 10</u> 4:30PM Circuit Training with Jake Marriott</p>	<p><i>Do circuit training and high intensity interval training (HIIT). You will use battle ropes, medicine balls, free weights and learn proper form and techniques at various stations.</i></p>	<p><u>APRIL 12</u> 4:30PM YOGA with Michael Grinnell</p>	<p><i>Improve the health, performance, and mental acuity of your level of fitness in this Yoga class. This Flow Yoga class is designed for beginners and those with sports related injuries. It blends balance, strength, flexibility and power in a fitness and strength building format.</i></p>
<p><u>APRIL 17</u> 4:30PM Introduction to Karate and Self Defense with Danny Moore</p>	<p><i>A traditional martial art, with 6th degree black belt Danny Moore, with 30 years of experience you will learn basic punching, kicking, blocking techniques and foundation for self-defense.</i></p>	<p><u>APRIL 24</u> 4:30PM Hip Hop Cardio with Sudul Diahkah</p>	<p><i>Get moving in Hip-Hop Cardio with Su! This class will provide some of the hottest hip-hop music to get you up and motivated. Bring your amazing energy to this class!</i></p>
<p><u>APRIL 17 – FAMILY NIGHT</u> 5:30PM Introduction to Karate and Self Defense (Continued)</p>			
<p><u>APRIL 24</u> 4:30PM Tai Ji with Ty Crow</p>	<p><i>A traditional martial art, Tai Ji utilizes soft and hard energy and makes them one “yin and yan.” Learn about your own energy and others in the process. Become more aware of the energy that surrounds you and learn how to address and work through everyday life hurdles.</i></p>	<p><u>APRIL 26</u> 4:30pm YOGA with Michael Grinnell</p>	<p><i>Improve the health, performance, and mental acuity of your level of fitness in this Yoga class. This Flow Yoga class is designed for beginners and those with sports related injuries. It blends balance, strength, flexibility and power in a fitness and strength building format.</i></p>

