



Class Schedule

Effective October 1st

	MON	TUE	WED	THU	FRI	SAT	SUN
	10:00 a.m. FitKidz		10:00 a.m. FitKidz				
	5:00 p.m. <u>J.A.W.S</u> (pool)	5:30pm Ultimate Recess		5:30pm Ultimate Recess			

SUPERVISED PROGRAMS

The AM programs are for children 2-5. Age appropriate games and fun.

The PM programs offer children ages 7-13 an opportunity to use the facility under the supervision of Healthtrax staff. This relaxed environment allows ‘tweens’ a chance to be active through play and recreation with other kids their age! These programs are EXCLUSIVE to Healthtrax Members and are included in our ‘Family Membership Plan’.

Ultimate Recess – It’s time to play kickball, four square, Volleyball, hopscotch and more....Remember when kids got fit playing games? Well it’s time to bring play back into your kids fitness routine. The weather won’t be a factor because it’s always sunny at Healthtrax.

J.A.W.S. (**J**unior **A**quatic **W**orkout **S**ession) - On your mark...get set...get WET! Through creative play, aquatic games and plenty of motivation, kids can derive the many benefits of exercise including increases in cardiovascular stamina, strength, balance and range of motion – all in a wet and wonderful environment! It is recommended that kids be comfortable in basic aquatic skills prior to attending.

Fit Kidz: Forming good habits at a young age, kids are taught the importance of regular exercise in a fun and educational environment. This class promotes a healthy lifestyle that sets the foundation for a lifetime of physical well-being.