



## KIDZ FITNESS CLASS SCHEDULE

### **Mondays**

10am	Little Yogis	Studio 4 (dojo)	Ages 3-6
10:30am	Tumble Tots	Studio 4 (dojo)	Ages 3-6
6:00pm	Little Yogis	Party Room	Ages 3-6
7:00pm	Junior Yogis	Party Room	Ages 7-11

### **Tuesdays**

10am	Tumble Tots	Studio 4 (dojo)	Ages 3-6
10:30am	Tiny Jammers	Studio 4 (dojo)	Ages 3-6

### **Wednesdays**

10am	Petite Picassos	Studio 4(dojo)	Ages 3-6
6:00pm	Junior Circuit	Kids Court	Ages 7-11

### **Thursdays**

10am	Mini Musicians	Studio 4(dojo)	Ages 3-6
10:30am	Little Yogis	Studio 4(dojo)	Ages 3-6
6:00pm	Tiny Jammers	Party Room	Ages 3-6
7:00pm	Junior Jammers	Studio 1	Ages 7-11



## MARTIAL ARTS CLASS SCHEDULE

### **Mondays & Thursdays**

5pm	Young Tigers	Studio 4 (dojo)	Ages 4-6
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### **Mondays, Tuesdays & Thursdays**

5:30pm	White & Yellow	Studio 4 (dojo)	Ages 7 & up
6:15pm	H. Yellow, Green, Blue	Studio 4 (dojo)	Ages 7 & up
7pm	H. Blue, Red, Black	Studio 4 (dojo)	Ages 7 & up



## PARISI CLASS SCHEDULE

### **Mondays, Wednesdays & Fridays**

5:15pm	1x Per Week	Performance Training	Ages 7-11
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Parents must always remain in the building but are not permitted to be in the class with their child.

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## **KIDZ FITNESS CLASSES · AGES 3-6 (no pre-registration required)**

### **Little Yogis**

Your Little Yogi will improve their flexibility, strength and balance in this age-appropriate stretch class. Kids will learn the basics and importance of taking care of our bodies, head-to-toe.

### **Tumble Tots**

We will put our youthful energy to good use. Kids will run, jump, tumble and dance while challenging our spatial awareness and hand-eye coordination.

### **Tiny Jammers**

Tiny Jammers is an interactive combination of music and dance. In this class, kids will shake their sillies out to fun, upbeat music.

### **Petite Picassos**

Children will learn more about the men and women who shaped the world of art. We will read about an artist, take a closer look at one of their works and then do our best to recreate it!

### **Mini Musicians**

Kids will learn about some of the most influential musicians throughout history. Together we will read about each artist, listen to one or two of their works and then we'll end our class by "playing along" with instruments of our own! Classical, jazz, rock, pop, country...and more!

## **KIDZ FITNESS CLASSES · AGES 7-11 (no pre-registration required)**

### **Junior Yogis**

A stretch and movement class designed to encourage your child to improve their balance and strength and have fun doing it! In this class, we will learn the basics of yoga and being more mindful.

### **Junior Circuit**

A 30-minute group fitness class with 5 different, exciting stations. This is a circuit-style workout with 60-seconds of work and 30-seconds of rest in-between each station. Each class is designed to improve your child's strength and cardiovascular health with age-appropriate workouts led by a positive and encouraging coach.

### **Junior Jammers**

Your child will have so much fun they won't even realize they're exercising! With a cool combination of music and dance, participants will move their bodies to the music in a fun and positive environment.

## **MARTIAL ARTS CLASSES · AGES 4-6**

### **Young Tigers**

Ages 4-6. These classes are structured to help students increase their focus, strength, self-control and self-esteem through fun and age-appropriate martial arts activities. These classes introduce basic martial arts concepts, techniques, and etiquette to prepare students to enter the main youth & adult programs.

## **MARTIAL ARTS CLASSES · AGES 7 & UP**

### **Belt Ranked**

These classes are for students who have earned a belt rank. Students will continue their study of martial arts at each level as they increase concentration, self-discipline, flexibility and balance through the study of their curriculum. Students will be exposed to new and challenging kicks, forms and techniques in preparation for their Black Belt test.

## **PARISI GAME TIME (Not Sports Performance Based) · AGES 7-11 (pre-registration required)**

Visit Member Services to register · Space is limited in each class · 1 Training session per week included in membership

This program develops good exercise habits and movement awareness, as well as addressing "off-the-field" challenges facing youth today. Parisi Game Time uses fun and exciting modalities like medicine balls, resistance bands, partner bodyweight exercises, ladders, plyometrics and range of motion exercises.