

# KID FITNESS

## classes

Instructors: Coach Halisa & Coach Jason

### GYMNASTICS

Gymnastics is the basis of all sports. This class welcomes all boys and girls interested in learning exercises which require balance, strength, flexibility, coordination and endurance – of course flipping is included but don't worry, you are in safe hands!

The gymnasts are divided into groups depending on their experience level and introduced to gymnastics main events such as the floor (tumbling) as well as the vault. Here gymnasts will have fun but also learn the importance of the sport itself and how they can apply certain elements to other sports as well!

**Ages 5-9, 10-14**

Tuesdays & Thursdays  
5:30 - 6:30

\$15 per session

### BEGINNER PARKOUR

Parkour is a training discipline where we learn and practice traversing obstacles through the use of running, vaulting, climbing and/or rolling to get from one point to another. Parkour will be practiced in the safest way possible for boys and girls joining. During beginners parkour we will mainly focus on safe techniques on how to better manage and control our bodies by practicing different exercises.

**Ages 8+**

Schedule TBD

\$15 per session

### LITTLE GYM

"Little Gym" is a Pre-school Gymnastics class for preschoolers to increase their confidence transitioning into an independent class and learning new skills and gymnastics skills. This class promotes fine motor development through teaching preschoolers how to "manipulate" their hands to move their bodies. Fine motor skills are the foundation children need to learn advanced skills.

**Age 4 and under**

Schedule TBD

\$15 per session

### MOMMY & ME YOGA

Mommy and Me classes are a way to expose toddlers to the yoga environment while also fostering quality time with mom. Meanwhile moms also get to release stress, stretch, and tone the entire body and recharge their batteries. Usually these classes occur 1x / week or once in two weeks.

**For parents & children**

Schedule TBD

\$22 per session

**CLASSES CAN BE CHARGED TO YOUR AERA ACCOUNT**

AERA