



# Kids Group Fitness - June/July 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>Kids Boot Camp</b> 9:15 - 10:00 ages 5-8 Sarah  begins June 6th		<b>Kids Boot Camp</b> 9:15 - 10:00 ages 5-8 Sarah  begins June 8th		<b>Youth Certification</b> 9:00-10:00am  <b>Kids Boot Camp</b> 9:00-9:45am ages 5-8 Sarah  <b>Ninja Juniors</b> 10:00-10:45am ages 9-13 Sarah	
<b>Family Fitness 3:00-7:00pm</b> Xpress room open to 9-14 accompanied by adult						
<b>FREE PLAY/Soccer Field 4:00 - 6:00pm (members only)</b> <b>Monday - Thursdays</b>						
<b>Ninja Kids</b> 4:30-5:15pm ages 5-8 Sarah	<b>Kids YOGA</b> 4:15-5:00pm ages 5-8 Katie Keidel (no class July 4)	<b>Ninja Kids</b> 4:30-5:15pm ages 5-8 Sarah			<b>FREE PLAY</b> <b>10:00-12noon</b> <b>Soccer Field</b>	<b>Family Fitness</b> 2:00-4:00pm Xpress Room open to 9-14 accompanied by adult
<b>Ninja Juniors</b> 5:15-6:00pm ages 9-13 Sarah	<b>New!</b> <b>Junior Yoga</b> 5:00-5:45pm ages 9-12 Katie Keidel (no class July 4)	<b>Ninja Juniors</b> 5:15-6:00pm ages 9-13 Sarah			<b>Family Fitness</b> 2:00-4:00pm Xpress Room open to 9-14 accompanied by adult	
					All Kids & Junior classes meet in Children's Center unless designated otherwise Room A is available for families with their children of all ages when not in use.  <b>Please do not use the group fitness equipment!</b> Proper workout clothes & gym shoes are required to participate in any Kids or Junior Fitness classes. For more information, please call Lynda Wilisch, 527-5028 or lwilisch@cincinnati-sportsclub.com	



**Family Fitness** - Xpress room open to 9-14 year olds accompanied by adult.

**Kids/Junior Yoga** - This class teaches yoga postures in a fun & creative way by a certified Yoga instructor.

**Kids/Junior Boot Camp** - our kids fitness trainer will put your kids through a boot camp type class followed by a structured game for fun.

**Ninja Kids/Juniors** - an obstacle course designed for kids ages 5 - 13 on the indoor soccer field.

**Youth Certification** - education on club etiquette, cardio equipment and Lifefitness weight machines that allow 12 & 13 yr old members access to the fitness floor upon completion of program. Certified Youth hours - no restrictions on fitness floor.



**CSC Group Fitness**