



Fit Kids is a membership for 2-13 year olds to participate in a supervised exercise program that includes classes designed to keep your kids active and expose them to many different skill based programs. Including tumbling, cheering, tae kwon do, swimming, kids fitness fun, sports conditioning, Kids-Insanity, Jump Jams, tiny tots classes, ballet and more.



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Membership

Information

And

Schedule

Fall 2016

9/1/16

Please contact jenniferd@fitnessandwellness.org
For more information

CLASS SCHEDULE

Day	Class	Ages	Studio	Instructor
Mon.				
3:30-4:15	Princess Ballet	3-6	2	Paula
3:45-4:30	Cycle	7-13	C	Lisa G
Tues				
3:45-4:15	Intro to Sports Conditioning	3-6	2	Jen
4:15-5:00	Bootcamp	7-14	2	Jen
5:00-5:45	Tae Kwon Do	all ages	2	Tristan
Wed				
3:30-4:00	Fitness Fun	3-6	2	Lisa G
3:45-4:30	Cycle	7-13	C	Jen
Thurs				
3:45-4:15	Tiny Tots Tumbling	3-6	2	Alex/Tristan
4:15-5:00	Tumbling	7-13	2	Alex/Tristan
Fri.				
3:45-4:15	Zumbatonic	3-6	2	Paula
4:15-5:00	Sports Conditionioing	7-13	2	Dennis
Sat				
12:30-1:00	Tae Kwon Do	3-6	2	Tristan
1:00-1:30	Tae Kwon Do	7-13	2	Tristan
1:30-2:20	Hip Hop	7-13	2	Tristan
3:00-5:00	Family Pool	all ages	P	
Sun				
2:00-2:30	Kids Crazy Cardio	3-6	2	Jen/Paula
2:30-3:15	Rocking Rebound	7-13	2	Jen/Paula
3:00-5:00	Family Pool	all ages	P	

Family Fitness Fun- bond with your child while improving your fitness and flexibility through simple dance and exercise fun.

PRINCE/PRINCESS BALLET: Learn the fundamentals of ballet. Children will have fun pretending to be princes/princesses while learning ballet. During the class they will play fun and inspiring musical games. (3-5)

Zumbatonic- Your children will dance their way to fitness in this fun and exciting dance class. (4-6)

Boot camp- cardio based circuit class to improve your strength and endurance (7-13)

Sports Conditioning: The focus on core development, foot speed, explosiveness, flexibility, lateral agility, endurance, hand/eye coordination, and vertical jump. It is a plyometric program using medicine balls, jump boxes, agility ladders, jump rope, hurdles, reaction balls, etc. Sports Conditioning Training will benefit all athletes and any sport. (7-13) (3-6)

TAEKWONDO: Learn about self-control, respect, and courtesy while playing games, doing drills, and learning the basics of martial arts and safety. Children will learn basic stances, blocks, punches, and kicks, etc. (4-7)

CYCLE: An instructor physically and verbally guides the class through a routine or “journey” on a stationary bike. Must be 4’10” (8-13)

Hip Hop- Dance your way to fitness with this fun and exciting hip hop class.

TUMBLING: Students will learn basic tumbling and safety techniques, including somersaults, cart wheels, hand stands, splits, and front walk over, back walk over etc. (3-6) (7-13)

Please be sure that if you are working out on the gym floor while your children are participating in Fit Kids’ Classes that you return to the studio 5 minutes prior to the end of the posted class time to pick them up. Also, please be sure to remind your child about the importance of good sportsmanship and listening to the instructor while in class. Thank you for your cooperation.