



# Mountainside Fitness Centers Lone Tree

## May 2010

**Childcare Hours**  
 M-F 8:00A - 8:30P  
 Sat 8:00A - 6:00P  
 Sun 8:00A - 3:00P

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Kids in Motion 10am
2	3 Funky Fitness 10-10:30am  Court Sports 5:30-6:30pm  Funky Fitness 6-6:30pm	4 Fit Kids 9-10am  Kids in Motion 10am and 5:30pm  Creative Kids 6-8pm	5 Funky Fitness 10-10:30am  Funky Fitness 6-6:30pm	6 Fit Kids 9-10am  Kids in Motion 10am and 5:30pm  Story Time 6pm	7 Flippin Kids 10am  Story Time 11:30am	8 Kids in Motion 10am
9	10 Funky Fitness 10-10:30am  Court Sports 5:30-6:30pm  Funky Fitness 6-6:30pm	11 Fit Kids 9-10am  Kids in Motion 10am and 5:30pm  Creative Kids 6-8pm	12 Funky Fitness 10-10:30am  Funky Fitness 6-6:30pm	13 Fit Kids 9-10am  Kids in Motion 10am and 5:30pm  Story Time 6pm	14 Flippin Kids 10am  Story Time 11:30am	15 Kids in Motion 10am
16	17 Funky Fitness 10-10:30am  Court Sports 5:30-6:30pm  Funky Fitness 6-6:30pm	18 Fit Kids 9-10am  Kids in Motion 10am and 5:30pm  Creative Kids 6-8pm	19 Funky Fitness 10-10:30am  Funky Fitness 6-6:30pm	20 Fit Kids 9-10am  Kids in Motion 10am and 5:30pm  Story Time 6pm	21 Flippin Kids 10am  Story Time 11:30am	22 Kids in Motion 10am
23	24 Funky Fitness 10a & 6p Court Sports 5:30-6:30pm  Funky Fitness 10a & 6p Court Sports 5:30-6:30	25 Fit Kids 9-10am  Kids in Motion 10am and 5:30pm  Creative Kids 6-8pm	26 Funky Fitness 10-10:30am  Funky Fitness 6-6:30pm	27 Fit Kids 9-10am  Kids in Motion 10am and 5:30pm  Story Time 6pm	28 Flippin Kids 10am  Story Time 11:30am	29 Kids in Motion 10am

CLASS	TIME	DESCRIPTION
Fit Kids	Tuesday and Thursday, 9-10am	Kids ages 3-5 can enjoy a class of fun and fitness. Children must attend the entire hour. Late kids will not be allowed to join the group and parents will not be allowed to remove their child before the end of class. Everyone must wear sneakers. This class is offered free of charge.
Kids in Motion	Tuesday and Thursday, 10a & 5:30p	Kids ages 6-11 can participate in our specially-designed kids circuit training. Classes are 30 minutes and kids must arrive on time to participate. Monthly memberships are available for \$30 or parents can pay the \$5 drop-in rate. Kids in Motion is also available when classes are not scheduled. Please see KIM calendar for drop-in times.
Court Sports Ages 6-11	Monday 5:30-6:30pm	Kids ages 6-11 can get some exercise playing team sports on the basketball court. Please arrive on-time and make sure kids wear their sneakers. This class is offered free of charge.
Creative Kids \$2 per child Ages 3-11	Tuesday 6-8pm	Every Tuesday evening we will have a fun craft set up between 6-8pm. Kids can get creative and have something fun to take home with them. Cost is \$2 per child. Crafts will take around 30 minutes for the kids to complete. Kids will not be allowed to begin a craft after 7:45pm.
Story Time All Ages	Thurs, 6pm Friday, 11:30am	Every Thursday evening and Friday morning we will have Story Time. Each week we will have a special theme. After the kids are read a book, they will discuss what they have learned and then get to color a picture pertaining to the week's theme.
Funky Fitness Ages 3-6	Monday and Wednesday 10am & 6pm,	Your little one can have fun and get some exercise in our new Funky Fitness class. Kids will dance and wiggle to funky tunes! This class is offered free of charge.
Flippin Kids Gymnastics Ages 3-6	Friday 10am	Great for all ability levels, this gymnastics class is bound to keep kids motivated and wanting more. Classes are 45 minutes and taught by a trained professional. 5 class punch cards can be purchased for \$40 or parents can pay a \$10 drop-in rate per class. Sign up in childcare. Also available at a slightly higher cost for non-members.