



**Club Hours**  
 M-Th 4:30A - 11:00P  
 Friday 4:30A - 9:00P  
 Sat & Sun 6:00A - 9:00P  
 (480) 732 - 9777

# Mountainside Fitness Centers Mesa September 2010 M Kids Schedule

**Childcare Hours**  
 M-F 7:30A - 8:30P  
 Sat 8:00A - 6:00P  
 Sun 8:00A - 3:00P



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			1	2	3	4 Dodge ball
5	6 Fit Kids Ages 3-6  <b>Labor Day Childcare Closes @ 12:00!</b>	7 Back to School Boot Camp 4-4:45	8 Fit Kids Ages 3-6  Lunch Bunch	9 Back to School Boot Camp 4-4:45	10 Fit Kids Ages 3-6	11 Dodge ball
12	13 Fit Kids Ages 3-6	14 Back to School Boot Camp 4-4:45	15 Fit Kids Ages 3-6  Lunch Bunch	16 Back to School Boot Camp 4-4:45	17 Fit Kids Ages 3-6	18 PNO Dodge ball
19	20 Fit Kids Ages 3-6	21 Back to School Boot Camp 4-4:45	22 Fit Kids Ages 3-6  Lunch Bunch	23 Back to School Boot Camp 4-4:45	24 Fit Kids Ages 3-6	25 Dodge ball
26	27 Fit Kids Ages 3-6	28 Back to School Boot Camp 4-4:45	29 Fit Kids Ages 3-6  Lunch Bunch	30 Back to School Boot Camp 4-4:45		

<b>KIDS CLASSES</b>		
<b>Free Classes</b>		
<b>Fit Kids</b>	Ages 3-6	Age-appropriate games and drills to foster a love of movement and exercise. Parental waiver required. 8:45am. Children must have tennis shoes and late entries will not be accepted.
<b>Fee Programs</b>		
<b>Parent's Night Out</b>	All Ages	Kids will enjoy crafts, snack and dinner! \$25 for the 1st child and \$10 each additional sibling!
<b>Lunch Bunch</b>	All Ages	Drop the kids off for lunch and enjoy a few hours to yourself. We will provide lunch and a snack for your child! 11:30-2:30pm \$10 for the 1st child and \$5 for each additional sibling
<b>Back to School Boot Camp</b>	Ages 5-11	Get in shape as you head back to school! Kids will participate in a range of exercises and activities to keep them moving while strengthening and conditioning. Kids will also be provided with a healthy snack to keep them moving! Tues/Thurs 4:00-4:45. \$39/1st sibling and \$19/each additional sibling.
<b>Fun Friday</b>	All Ages	Every Friday night join us for dinner and a movie! Drop your kids off from 5:00-8:00pm and they will enjoy a fun movie and dinner! \$15/1st child and \$5 each additional child. Must sign up 24 hours in advance.