



Childcare hours
 Mon-Fri 8:00a-8:30p
 Saturday 8:00a-6:00p
 Sunday 8:00a-3:00p
 Hours are subject to change

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			1 Fit Kids 9:30am	2	3 Fit Kids 9:30am Lunch Bunch 11am-2pm ZUMBA KIDS 5:30pm	4
5	6 Fit Kids 9:30am Labor day 8am-12pm	7 Zumba Kids 10:30am Lunch Bunch 11am-2pm Fit Kids 5:30pm	8 Fit Kids 9:30am	9	10 Fit Kids 9:30am	11
12	13 Fit Kids 9:30am Dodge Ball 5:00pm Spirit Camp 6pm-7:30pm	14 Zumba Kids 9:30am Fit Kids 5:30pm	15 Fit Kids 9:30am Spirit Camp 6pm-7:30pm	16	17 Fit Kids 9:30am Lunch Bunch 11am-2pm ZUMBA KIDS 5:30pm	18 PNO 5pm-9pm
19	20 Fit Kids 9:30am Dodge Ball 5:00pm Spirit Camp 6pm-7:30pm	21 Zumba Kids 9:30am Fit Kids 5:30	22 Fit Kids 9:30am Spirit Camp 6pm-7:30pm	23 Lunch Bunch 11am-2pm	24 Fit Kids 9:30am Movie night 5:30-8:30 ZUMBA KIDS 5:30pm	25 Spirit Camp Performance 10am
26	27 Fit Kids 9:30am Lunch Bunch 11am-2pm Dodge Ball 5:00pm	28 Zumba Kids 9:30am Fit Kids 5:30pm	29 Fit Kids 9:30am	30 		

CLASS or EVENT	TIME	DESCRIPTION
Fit Kids	9:30am & 5:30pm	Kids 3 years and up can enjoy a class of fitness and fitness awareness on Monday, Wednesday and Friday mornings. Ages 5 and up on Tuesday evenings. Everyone must wear sneakers; no crocks, sandals, boots, or flip flops allowed. These classes are included with childcare enrollment.
Lunch Bunch	Fridays 11am-2pm	Need some time to run errands? Or how about lunch with some friends? Drop your kids OFF and LEAVE the gym!! We provide lunch and a craft for \$10 per child/ 2 punches for 1st kid, 1 punch for each additional child.
PNO	Saturday 5-9pm	Drop off your kids and enjoy a Parents Night Out! We provide Dinner, activities and a movie for your kids to enjoy.. Open to non-members as well. (ask for rates)
Zumba Kids	Fridays 5:30pm	Now mom's favorite cardio class is available to kids! Taught by a certified instructor, this class will get your kids hearts pumping and their body moving. Tuesdays @ 10:30am for ages 3 & up Fridays @ 5:30 for ages 6 & up 1 punch per child, per class; see childcare for punch cards
Spirit Camp	Mon & Wed 6pm-7:30pm	Mountain Range Spirit Squad Fundraiser: Children will be taught motions, cheers, chants and dance moves by the Mountain Range High School Spirit Squad. An opportunity to perform the skills taught will be available on Saturday Sept. 25 at a youth football game. Pom poms, snacks and drinks included. \$40 for members; \$50 non-members OR 9 punches.
Coming in OCTOBER!! TBC for KIDS	T.B.D.	Teaches children ages 6-11 years old how to improve cardiovascular and muscle endurance through minimal choreography and lots of fun! Taught by Ms. Alyssa