

## July 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 9:00 Fit 4 Fun 10:00 Kidrobics	4  No Classes/Childcare Club Open 8am-12pm	5 9:00 Fit 4 Fun 10:00 Kidrobics 5:30 Kidrobics	6	7
8	9	10 9:00 Fit 4 Fun 10:00 Kidrobics	11	12 9:00 Fit 4 Fun 10:00 Kidrobics 5:30 Kidrobics	13	14
15	16	17 9:00 Fit 4 Fun 10:00 Kidrobics	18	19 9:00 Fit 4 Fun 10:00 Kidrobics 5:30 Kidrobics	20	21
22	23	24 9:00 Fit 4 Fun 10:00 Kidrobics	25	26 9:00 Fit 4 Fun 10:00 Kidrobics 5:30 Kidrobics	27	28
29	30	31 9:00 Fit 4 Fun 10:00 Kidrobics				

### The Performance Kids Philosophy:

An active and healthy lifestyle is important at any age, but learning it at a young age ensures it becomes a habit for life. Performance Kids offer a number of classes that offer kids the opportunity to be active in a fun, non-competitive environment; allowing children to build self-confidence, and love of sports and fitness.

# KID FITNESS

## Performance Kids Class Descriptions

### ***Tumble Tots***

Tumble Tots is a parent/child class for children 1-3 years old. Parents serve a very active role and support for their child during class. Songs, group activities, aerobics, gymnastics skills, rhythm, ball play and bubbles are just some of the activities we will be doing to help build their physical, mental, emotional and social skills.

Ages: 1 to 3 years old

Location: Studio 2

### ***Fit 4 Fun***

This fun-filled program for preschoolers builds on each child's physical activity, cognitive and social skills. Participants will work on large motor skills and social interactions, such as relay races, and sports scaled to their size.

Ages: 3 to 6 years old

Location: Studio 2

### ***Kidrobics***

Kids naturally have loads of energy, and this form of movement helps them channel their instinct to move in a productive, invigorating way. Kidrobics is designed to help kids build cardiovascular endurance and strength.

Ages: 4 to 8 years old

Location: Studio 2

### ***\*\*Birthday Parties\*\****

Have your child's next birthday party at Performance Health & Fitness!

You bring the kids, we bring the fun!

Please contact Becky Klutts, Fitness Program Director,  
with any questions. [bklutts@perfther.com](mailto:bklutts@perfther.com)

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