

September 2019

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

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

PerformanceForHealth.com

3290 Ridgeway
Drive
Coralville, IA 52241
(319) 665-2548