

Group Training Class Schedule *

SEPTEMBER 13, 2010

MONDAY

Piyo & Play 4:30 - 5:25 pm Donna A 55 MIN 4 & Up

TUESDAY

WillPower & Grace for Kids 4:30 - 5:25 pm Grace B 55 MIN 4 & Up

THURSDAY

Jr. Boot Camp 4:00 - 4:55 pm Steve Fitness 55 MIN 4 & Up

Kids Yoga 4:15 - 5:00 pm Jennifer B 55 MIN 4 & Up

FRIDAY

Kids Ballet 4:15 - 5:00 pm Jennifer B 55 MIN 4 & Up

Teen Yoga 5:30 - 6:25 pm Grace B 55 MIN 13 & up

SATURDAY

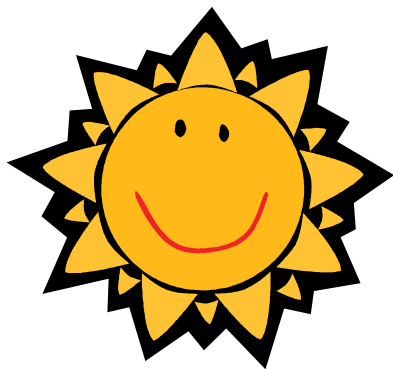
Kids Kick and Fit 9:00-9:55 Carlos CT 6 55 MIN 5 & U p

Kid's Yoga Dance Party 9:40-11:05 Jennifer A 85 MIN 4 & U p

SUNDAY

Kids Kick and Fit 9:00-9:55 Carlos CT6 55 MIN 4 & U p

* Class schedule may be modified periodically. All interim scheduled changes will be emailed to our membership. Please be sure that Bosse Sports has your current email address.



Jazz Dance Plus: A variety of dances from jazz to hip hop broken down into doable choreography.

Jr. Boot Camp This will introduce children to the cardio and free weight equipment. Classes will be tailored to the groups specific needs . (See schedule for ages)

Kid's Kick & Fit: This class will improve muscle, and joint, strength speed and stamina. A great way to introduce the many benefits of exercise to your children (please check schedule for ages)

Kid's Ballet: Perfect program for ballerina's in training. Your child will learn the basic poses and movements of traditional ballet.

Yoga:

Kid's Yoga Dance Party: Healthy habits are learned early with active play and exercise. Come and dance and stretch in this creative class designed especially for children. (Ages 4+) A snack will be provided.

