

# Fit Kids Fitness Schedule

**Schedule effective March 2nd - 17th**

**Schedule is subject to change.**

Schedules are on [www.juniperswimandfitness.com](http://www.juniperswimandfitness.com) or call (541) 389-7665

<b>Tuesday</b>	<b>Saturday</b>
<p><b>4:20–5:30 pm</b> Yoga &amp; Creative Play</p> <p><i>Natalie P</i></p> <p>Fit Studio</p>	<p><b>9:30–10:45 am</b> Yoga &amp; Creative Play</p> <p><i>Rebecca B</i></p> <p>Fit Studio</p>

**Fit Kids will be on Break March 21st—March 29th**



## **Fit Kids:**

Ages: 4 to 11

Kids! Bring Mom and Dad to Juniper for exercise classes for the whole family. Fit Kids classes teach kids to live a healthy lifestyle by showing them fitness is fun! Learn to respect yourself and others, share a healthy snack and feel great!

Please make sure your child has used the restroom before beginning the class. A healthy snack is part of the class, please notify instructor of any food

allergies. Make sure your child is picked up at the end time of class. Don't forget a water bottle and sunscreen!

**Fee: Current Family or Youth Fitness pass or drop-in fees apply.**

**Class Descriptions:** Yoga & Creative Play (ages 4-11) Active yoga poses and fitness games promote a creative mind, healthy body and open heart. The goal is to help young kids live a healthy lifestyle by showing them fitness is fun!