

# CLARKSVILLE ATHLETIC CLUB FALL/WINTER 2019 SCHEDULE (effective 9-3-19)

## Kid's In Motion Ages 4 years - 6 years Youth Fitness Calendar

Call or see the service desk to reserve your child's spot in class. You may call up to three days in advance to reserve.

Limited to 2 hours per day and 9 hours per week.

Children must be dressed and prepared to participate in the scheduled activity. Outdoor Activities are weather permitting.

Athletic shoes only.

\*Please check monthly special guest schedule\*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>4y-6y</b> 9:00a-10:00a Ready, Set, Run  Track	<b>4y-6y</b> 9:00a-10:00a Ready, Set, Run  Track	<b>4y-6y</b> 9:00-10:00a ZumbaKids Jr. ®  Youth Fitness	<b>4y-6y</b> 9:00a-10:00a Ready, Set, Run  Track	<b>4y-6y</b> 9:00a-10:00a Anti-Bully  Youth Fitness	<b>4y-6y</b> 9:00am - 10:00am Food Pyramid Fun/*Cooking Class *(Alternating Saturdays) Youth Fitness	
<b>4y-6y</b> 10:00a-11:00a *Sports Activities & Drills  Youth Fitness	<b>4y-6y</b> 10:00a-11:00a *Move to The Beat/Circuit  Youth Fitness	<b>4y-6y</b> 10:00a-11:00a Circuit Fit & *Fun/Railyard Fitness  Youth Fitness	<b>4y-6y</b> 10:00a-11:00a *Railyard Movement  Youth Fitness	<b>4y-6y</b> 10:00a-11:00a *Spark P.E  Youth Fitness	<b>4y-6y</b> 10:00a-11:00a Circuit Fit & Fun/Railyard Fitness  Youth Fitness	
<b>4y-6y</b> 11:00a-12:00p Circuit Fit & Fun/Railyard  Youth Fitness	<b>4y-6y</b> 11:00a-12:00p Wellbeats GroupX 2/  Youth Fitness	<b>4y-6y</b> 11:00a-12:00p Hoops & Ropes  Youth Fitness	<b>4y-6y</b> 11:00a-12:00p Food Pyramid Fun  Youth Fitness	<b>4y-6y</b> 11:00a-12:00p Fun & Games  Youth Fitness	<b>4y-6y</b> 11:00a-12:00p Wellbeats/Fun & Games  Group X 2/Youth Fitness	
<b>4y-6y</b> <b>6:00p-7:00p</b> Circuit Fit & Fun Youth Room	<b>4y-6y</b> <b>6:00p-7:00p</b> Self Defense Youth Room	<b>4y-6y</b> <b>6:00p-7:00p</b> Minute to Win It! Youth Room	<b>4y-6y</b> <b>6:00p-7:00p</b> Relay Challenge Youth Room			
<b>4y-6y</b> <b>7:00p-8:00p</b> Fun & Games Youth Room	<b>4y-6y</b> <b>7:00p-8:00p</b> Railyard Fitness Youth Fitness	<b>4y-6y</b> <b>7:00p-8:00p</b> Wellbeats GroupX2/YouthRm	<b>4y-6y</b> <b>7:00p-8:00p</b> Move to The Beat Youth Fitness			

