

# JUST Kids

**MON**

**TUE**

**WED**

**THU**

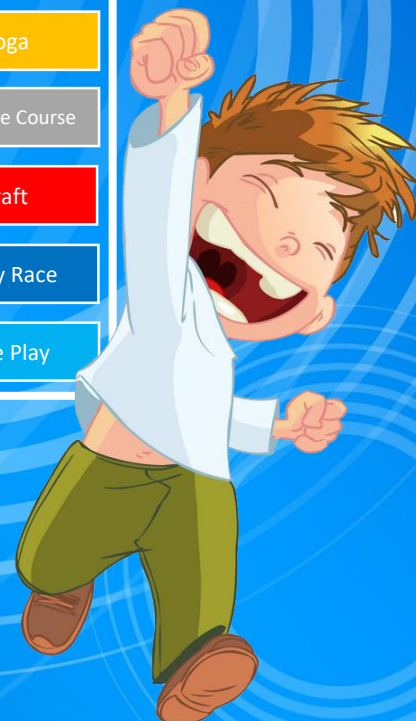
**FRI**

**SAT**

8:30	Free Play	Free Play	Free Play	Free Play	Free Play	Free Play
9:00	Bootcamp	Yoga	Bootcamp	Yoga	Bootcamp	Yoga
9:30	Craft	Craft	Craft	Craft	Craft	Craft
10:00	Yoga	Obstacle Course	Yoga	Obstacle Course	Yoga	Obstacle Course
10:30	Obstacle Course	Relay Race	Obstacle Course	Relay Race	Obstacle Course	Relay Race
11:00	Craft	Craft	Craft	Craft	Craft	Craft
11:30	Relay Race	Bootcamp	Relay Race	Bootcamp	Relay Race	Bootcamp
12:00	Free Play	Free play	Free Play	Free Play	Free Play	Free Play



4:30	Free Play	Free Play	Free Play	Free Play	Free Play
5:00	Bootcamp	Yoga	Bootcamp	Yoga	Bootcamp
5:30	Craft	Craft	Craft	Craft	Craft
6:00	Yoga	Obstacle Course	Yoga	Obstacle Course	Yoga
6:30	Obstacle Course	Relay Race	Obstacle Course	Relay Race	Obstacle Course
7:00	Craft	Craft	Craft	Craft	Craft
7:30	Relay Race	Bootcamp	Relay Race	Bootcamp	Relay Race
8:00	Free Play	Free Play	Free Play	Free Play	Free Play



\* Schedule subject to change

# JUST Kids

## Free Play

Kids and coaches choose their favorite ways to play! Children may color, play tag, relax and watch a movie, play x-box or use their imaginations with dozens of different toys at their fingertips!

## Bootcamp

Put yourself to the test with a bootcamp style workout that incorporates calisthenics, body weight exercises, strength training all in the spirit of teamwork having fun!

## Yoga

Simple balancing poses, inversions and partner play are incorporated to help kids build self confidence, strength and body awareness. Breathing and relaxation also have a big part to play!

## Craft

Each craft activity is designed to be completed before moms or dads have finished their workout. Your little ones can't wait to show you what they've made for you! Crafts are an additional charge.

## Obstacle Course

Children will have a blast climbing and crawling their way through fun and challenging obstacle courses! You can expect to see lots of jumping, running and laughing!

## Relay Race

Teamwork, endurance and speed are fostered through engaging, active play! This friendly and competitive atmosphere is great way to help have fun and sneak in some exercise!



## JUST KIDS MISSION

To provide a safe, clean and exciting environment which promotes fun, being active and healthy!

