

# Kroc KIDS Group Fitness Schedule

Summer 2019

TIME	MONDAY	TUESDAY	WEDNESDAY	WEEKEND SCHEDULE		
				TIME	SATURDAY	SUNDAY
4:30 PM	ZUMBA KIDS	ZUMBA KIDS	ZUMBA KIDS	<b>No Weekend Classes, Yet</b>		
5:00 PM	ZUMBA KIDS	ZUMBA KIDS	ZUMBA KIDS			
5:30 PM	MOVE	MOVE	MOVE	<b>CALL: 706.922.8332</b> <b>VISIT: AUGUSTAKROC.ORG</b>		
6:00 PM	MOVE	REACH	MOVE			
6:30 PM	REACH	REACH	REACH			

**Non-member - \$5**

**Member - \$1**



**1833 Broad Street Augusta, GA**

## GROUP FITNESS CLASS DESCRIPTIONS

**Zumba® Kids** classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure. Perfect for our younger Zumba® fans! Kids get the chance to be active and jam out to their favorite music. **(Starts August 1)**

**MOVE** is a 30 min. conditioning class designed not only to increase the heart rate of the children but to encourage activity at a young age. This class is designed to develop strength, cardio, and agility. Perfect for junior athletes between seasons, and the child that just wants to be more active. Lets MOVE!

**Reach** is a 30 min. low intensity mixture of Yoga, Pilates and general stretching. This class is all about calming down. While teaching mobility and flexibility, this class also teaches breathing and stress coping techniques that will transfer over into everyday life. And this is the best age for a child to learn.