

JAG GYM 2009-2010 Schedule

JAG's Fitness and Sports Cross Training One only needs to turn on the news to hear that childhood obesity rates are on the rise at a rate that is alarming. JAG's fitness classes are designed to make exercise fun, non-threatening and most of all self-esteem building. Whether your child is looking to start exercising or if he or she is all ready an athlete and is looking to increase stamina, flexibility and strength, JAG has a class for them!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sports Cross-Training (7-12 years)	6:35-7:35					
JAG Fitness Challenge		5:35-6:35	5:35-6:35			
Flips and Tricks (10-18 years)	6:35-8:05				5:35-7:05	

Yoga Bears (3-6 years) An introductory yoga class that can be enjoyed by parents with their child. Class will incorporate basic yoga positions and games. A great opportunity to exercise with your child.

Yoga (6-12 years) Yoga basics for the growing child. This class will focus on deep breathing, strength and flexibility.

Super Hero Training (3-6 years) A fitness class that lets your child climb, run and jump while encouraging role play and creative thinking.

Sports Cross Training (7-12 years) This class uses gymnastics apparatus to build strength and flexibility for other sports. A great fit between seasons of other sports or to help your child excel athletically.

JAG Fitness Challenge (ages 6-adult) Get off of the couch and into the gym! This Fitness Challenge is personalized to you! You set the goals and we support you all the way.

Flips and Tricks Gymnastics activities for students interested in extreme sports. This class will use the trampolines and soft landing areas to teach flip kicks and basic parkour elements for students with no fear.

Fit, Funky and Fabulous (ages 6-10)/ **Tween/Teen Fit, Funky and Fabulous** (ages 10-up) This class is pure energy! Incorporating basic jazz techniques with popular music and the latest dance moves, this class is a cardio workout and dance form all in one!