



Class Schedule

All our Fit Kid and Lean Teen Classes are with a certified trainer. Each class is one hour and includes 30 minutes of group support and 30 minutes of exercise.

Mondays - Thursdays

Girls Classes

3:30pm - 4:30pm

4:30pm - 5:30pm

6:00pm - 7:00pm

7:00pm - 8:00pm

Boys Classes

4:30pm - 5:30pm

7:00pm - 8:00pm

Fridays - Workouts with a Trainer from 3pm - 7pm

On Fridays all our kids and teens are encouraged to come work out with our trainers at their own schedule. This is a great day to make-up missed classes!

Saturday Exercise Classes

9:30 - 10:30am Girls Class

10:30 - 11:30am Boys Class

More classes will be added as we sign up more kids :)