

NEW KIDS Fitness Classes

Included with Family Membership!



Class Schedule effective October 7, 2021

MON	TUE	WED	THU
5:30pm POWER UP BOOT CAMP (ages 5+)	9:30am BORN TO MOVE (ages 2 – 4)	no Wednesday classes during the Fall/Winter	9:30am BORN TO MOVE (ages 2 – 4)
	5:30pm BORN TO MOVE (ages 2 – 4)		5:30pm BORN TO MOVE (ages 2 – 4)

CLASSES SUBJECT TO CHANGE

CLASS DESCRIPTIONS

BORN TO MOVE VIRTUAL (ages 2 - 4)

Created exclusively for young children, Born to Move classes are shown on the big screen and is focused on supporting imaginative, exploratory movement that's fun and full of energy.

POWER UP BOOT CAMP (ages 5 and up)

Designed for kids looking to kick start their fitness combining cardio and strength training. Boot Camp will constantly challenge you by offering consistent and positive motivational support.

GROW WITH FLOW YOGA (ages 5 and up)

Class designed to strengthen the body through basic and challenging yoga poses. Learn mindfulness, breathing exercises and relaxation/visualization techniques.

Kids must be checked into Childcare or Hangout prior to class start time. If coming only for the class the parent may drop off the child BUT must stay outside the doors until the class ends.

Classes are FREE for kids on a family membership plan. If NOT a member please pay applicable guest fees at the Front Desk. Classes are subject to change. Classes can be registered for on your membership online portal at francos.clubautomation.com or on the Franco's app up to 2 days in advance.

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franco's

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