



JUNE FITNESS SCHEDULE

- To book your workout: https://www.supersaas.com/schedule/Kids_America/Kids_America_Workouts
- WWW.KIDSAMERICA.ORG
- 740-622-6657

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 – 5:45AM	Interval Mash Up		Boxing/Kickboxing		Cycle Circuit	June 6 8:15AM Step 9:15AM Cardio/Strength
6:15 – 7:00AM	Align & Flow Yoga					June 12 7:15AM Mindful Flow 8:15AM Step
7:30–8:15AM	Barre	Interval Cycle Circuit		Mash Up		June 19 7:15AM Mindful Flow 8:15AM Step 9:15AM Mash Up
7:45 & 8:45AM	Silver Sneakers		Silver Sneakers		Silver Sneakers	June 26 7:15AM Mindful Flow 8:15AM Step 9:15AM Throwback Cardio
1:00 – 2:00pm						
3:45 – 4:20PM			Interval Cycle			
4:35–5:30PM	Bootcamp	Core De Force	Total Body Toning	Cycle Circuit		
5:45–6:30PM		Cardio/Strength		Boxing/Kickboxing		
6:45–7:45PM	Step		Yoga			

CANCELLATION POLICY: Please, cancel your workout at least 1 hour prior to start time. No shows are not acceptable. If 0 signed up an hour before class - canceled.

***Schedules change for you AND your fitness instructors! *This schedule is a general guideline.* Please, use the web schedule for the most up-to-date schedule.