

EDGEKIDS Derby Program Schedule | Ages 2-5

Where Fitness Meets Fun!

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
8:00	Active Play Coach's Choice	Active Play Coach's Choice						8:00
8:30								8:30
9:00	Obstacle Course Challenge	Hoops & 'Chutes	Obstacle Course Challenge	Pee Wee Workout	Obstacle Course Challenge	Hoops & 'Chutes	Kids Dance!	9:00
9:30	Pee Wee Workout	Superhero Workout!	SportsMaNiA!	Yoga for Little Ones	Kids Dance!	SportsMaNiA!	Superhero Workout!	9:30
10:00	Yoga for Little Ones	SportsMaNiA!	Active Play Coach's Choice	Active Play Coach's Choice	Active Play Coach's Choice	Active Play Coach's Choice	Active Play Coach's Choice	10:00
10:30	Kids Dance!	Pee Wee Workout	Superhero Workout!	SportsMaNiA!	Yoga for Little Ones	Obstacle Course Challenge	Hoops & 'Chutes	10:30
11:00	Hoops & 'Chutes	Kids Dance!	Yoga for Little Ones	Kids Dance!	SportsMaNiA!	Pee Wee Workout	Obstacle Course Challenge	11:00
11:30	Active Play Coach's Choice	Active Play Coach's Choice	Kids Dance!	Hoops & 'Chutes	Superhero Workout!	Yoga for Little Ones	Yoga for Little Ones	11:30
12:00	<p>The Edge Fitness Clubs has become <i>fitness forward</i> and stepped away from the traditional role of gym-babysitting, to take on the challenge of creating and implementing active, healthy lifestyles for children of all ages.</p> <p>It is important to teach children that "being in shape" does not necessarily mean lifting weights or running on the treadmill; and that's where we come in to play...quite literally.</p> <p>Top 3 Reasons Kids Should Get Plenty of Exercise:</p> <ol style="list-style-type: none"> 1. Research shows that regular exercise promotes improved academic performance. Even just one session of physical activity increased memory and attention and reduced inappropriate behavior! 2. 1 in 3 kids in the U.S. is overweight or obese. Exercise helps kids achieve and maintain a healthy body and helps them make healthy lifestyle choices as adults! 3. Kids who exercise regularly have greater self-esteem, a better self-image, report fewer symptoms of anxiety and depression and have a better overall mood! 							12:00
4:00								4:00
4:30								4:30
5:00								5:00
5:30								5:30
6:00								6:00
6:30								6:30
7:00								7:00
7:30								7:30
			Obstacle Course Challenge	Pee Wee Workout	Obstacle Course Challenge	Hoops & 'Chutes		
			SportsMaNiA!	Yoga for Little Ones	Kids Dance!	SportsMaNiA!		
			Active Play Coach's Choice	Active Play Coach's Choice	Active Play Coach's Choice	Active Play Coach's Choice		
			Superhero Workout!	SportsMaNiA!	Yoga for Little Ones	Obstacle Course Challenge		
			Yoga for Little Ones	Kids Dance!	SportsMaNiA!	Pee Wee Workout		
			Kids Dance!	Hoops & 'Chutes	Superhero Workout!	Yoga for Little Ones		
			Active Play Coach's Choice	Active Play Coach's Choice	Active Play Coach's Choice	Active Play Coach's Choice		

See other side for class descriptions