

EDGEKIDS Derby Program Schedule | Ages 6-12

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	Explosive Power! Speed & Agility	Boot Camp Circuit Training	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	9:00
9:30	Relay Races/Games	Relay Races/Games	STRONG to the Core!	Boot Camp Circuit Training	Relay Races/Games	Explosive Power! Speed & Agility	STRONG to the Core!	9:30
10:00	Active Play Coach's Choice	STRONG to the Core!	Boot Camp Circuit Training	TEAM Workouts	Boot Camp Circuit Training	SportsMania!	Relay Races/Games	10:00
10:30	TEAM Workouts	Yoga Balance & Stretch	Relay Races/Games	STRONG to the Core!	Yoga Balance & Stretch	Yoga Balance & Stretch	Boot Camp Circuit Training	10:30
11:00	Yoga Balance & Stretch	Explosive Power! Speed & Agility	SportsMania!	Relay Races/Games	Explosive Power! Speed & Agility	TEAM Workouts	SportsMania!	11:00
11:30	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	Active Play Coach's Choice	Active Play Coach's Choice	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
			Active Play Coach's Choice	Active Play Coach's Choice	Active Play Coach's Choice	Active Play Coach's Choice		
			STRONG to the Core!	Boot Camp Circuit Training	Relay Races/Games	Explosive Power! Speed & Agility		
			Boot Camp Circuit Training	TEAM Workouts	Boot Camp Circuit Training	SportsMania!		
			Relay Races/Games	STRONG to the Core!	Yoga Balance & Stretch	Yoga Balance & Stretch		
			SportsMania!	Relay Races/Games	Explosive Power! Speed & Agility	TEAM Workouts		
			TEAM Workouts	Yoga Balance & Stretch	SportsMania!	STRONG to the Core!		
			Active Play Coach's Choice	Active Play Coach's Choice	Active Play Coach's Choice	Active Play Coach's Choice		

be strong. be fit. have fun

See other side for class descriptions