

Active Play/Coach's Choice

Coaches choose their favorite ways to incorporate exercise into the day. Children may participate in tag games, scooter races, walking/running/jumping activities, teamwork challenges, large group games, speed and agility drills, or individual strength training! Every day, coaches bring new ideas to the Edge Kids room where fitness meets fun!

Bootcamp Circuit Training

Put yourself to the test with an exercise class that mixes traditional calisthenics, body weight exercises, interval training, and strength training all in the spirit of teamwork and group support. Through encouragement and team motivation we have fun while we work out!

Explosive Power! Speed & Agility

Future athletes will improve speed and agility with this high energy class and quickly increase overall fitness.

Balance & Strength

Children will master stabilization, strengthen and define muscles, enhance core strength, and improve flexibility, balance, and posture.

SportsMania!

A focus on foundational skills essential for all sports including agility, speed, and coordination. We will also cover some basic techniques of the more popular sports including soccer, and basketball.

Strong to the CORE

Creative and fun individual and partner exercises will build core muscles and overall body strength. The perfect complement for any cardio sports or activities your child may be involved in. You will be amazed at how strong they have become!

TEAM Workouts

Two or more children work together through fun and dynamic activities that combine a cardio workout with body weight exercises to build strength and endurance.

Relay Races

Teamwork, endurance, and muscle development are fostered through engaging active play! Coaches facilitate strength, speed, and agility challenges within a healthy and friendly competitive atmosphere.

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Hoops and 'Chutes

Children test their physical boundaries, and extend their core motor skills using these classic pieces of equipment. Parachutes are a great way to promote teamwork, encourage cooperation, strengthen the upper torso, reinforce turn-taking/ sharing, foster an ability to follow directions, and enhance language development.

Kid's Dance!

Your preschooler will learn basic rhythms and movement by moving and grooving to new tunes each week and Just Dance. You can expect lots of jumping, clapping, and laughing!

Pee Wee Workout

Increase endurance and gross motor skills through a series of exciting and dynamic activities! Our ABCS workouts combine agility and coordination with strength and balance exercises!

Balance for Little Ones

Simple balancing poses, inversions, and partner play are incorporated with creative self-expression to help kids build self-confidence, strength, and body awareness. Playful breathing exercises, creative imagery, and relaxation are introduced to give your child these important skills to carry with them into their busy school and social lives.

Obstacle Course Challenges

Children will be challenged to climb, run, jump, hop, skip, crawl, and navigate various surfaces! Children develop spatial and directional awareness while learning different ways of moving their body to accomplish tasks!

Superhero Workout

Our coaches lead your little superhero through a mission that culminates in a teamwork activity. Exploration of settings, physical skills, and team-based problem-solving are woven into a storyline relevant to the age of the group.

SportsMania!

A focus on foundational skills essential for all sports including striking, speed, and control. We will also cover some basic techniques of the more popular sports including soccer, and basketball.

be strong. be fit. have fun.