

Bristol Program Schedule | Ages 6-12

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
Active Play	Active Play Coach's Choice						8:00
8:30 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	8:30
SportsMania!	Boot Camp Circuit Training	STRONG to the Core!	Boot Camp Circuit Training	SportsMania!	Explosive Power! Speed & Agility	STRONG to the Core!	9:00
Relay Races/Games	STRONG to the Core!	Relay Races/Games	SportsMania!	Relay Races/Games	SportsMania!	Yoga Balance & Stretch	9:30
Boot Camp Circuit Training	Relay Races/Games	Boot Camp Circuit Training	TEAM Workouts	Boot Camp Circuit Training	Yoga Balance & Stretch	Active Play Coach's Choice	10:00
Yoga Balance & Stretch	Yoga Balance & Stretch	Active Play Coach's Choice	Yoga Balance & Stretch	Yoga Balance & Stretch	TEAM Workouts	Boot Camp Circuit Training	10:30
TEAM Workouts	Explosive Power! Speed & Agility	TEAM Workouts	STRONG to the Core!	TEAM Workouts	Relay Races/Games	SportsMania!	11:00
Explosive Power! Speed & Agility	SportsMania!	Yoga Balance & Stretch	Relay Races/Games	Explosive Power! Speed & Agility	Boot Camp Circuit Training	TEAM Workouts	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	12:00
The Edge Fitness Clubs has become fitness forward and stepped away from the traditional role of gym-babysitting,							
active, healthy lifestyles for children of all ages.		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	4:00
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 playquite literally. Top 3 Reasons Kids Should Get Plenty of Exercise:		STRONG to the Core!	Boot Camp Circuit Training	SportsMania!	Explosive Power! Speed & Agility	STRONG to the Core!	4:30
		Relay Races/Games	SportsMania!	Relay Races/Games	SportsMania!	Yoga Balance & Stretch	5:00
Research shows that regular exercise promotes improved academic performance. Even just one session of physical activity increased memory and attention and reduced inappropriate behavior!		Boot Camp Circuit Training	TEAM Workouts	Boot Camp Circuit Training	Yoga Balance & Stretch	Active Play Coach's Choice	5:30
		Active Play Coach's Choice	Yoga Balance & Stretch	Yoga Balance & Stretch	TEAM Workouts	Boot Camp Circuit Training	6:00
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 lifettyle choices as adults.		TEAM Workouts	STRONG to the Core!	TEAM Workouts	Relay Races/Games	SportsMania!	6:30
7:00 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!		Yoga Balance & Stretch	Relay Races/Games	Explosive Power! Speed & Agility	Boot Camp Circuit Training	TEAM Workouts	7:00
		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	7:30
	Active Play Coach's Choice SportsMania! Relay Races/Games Boot Camp Circuit Training Yoga Balance & Stretch TEAM Workouts Explosive Power! Speed & Agility Active Play Coach's Choice The Edge Fitness Clubs has bestepped away from the tradit to take on the challenge of cactive, healthy lifestyles for colling to the compact of the treadmill; and that's when life treadmill; a	Active Play Coach's Choice SportsMania! Boot Camp Circuit Training Relay Races/Games STRONG to the Core! Boot Camp Circuit Training Yoga Balance & Stretch TEAM Workouts Explosive Power! Speed & Agility Explosive Power! Speed & Agility Active Play Coach's Choice The Edge Fitness Clubs has become fitness forward 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. 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Speed & Agility Foach's Choice The Edge Fitness Clubs has become fitness forward and stepped away from the traditional role of gym-babysiting, to take on the challenge of creating and implementing active, healthy lifestyles for children of all ages. 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 playquite literally. Top 3 Reasons Kids Should Get Plenty of Exercise: 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! 5. 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!	Active Play Coach's Choice SportsMania! Boot Camp Circuit Training Relay Races/Games STRONG to the Core! Boot Camp Circuit Training Relay Races/Games STRONG to the Core! Boot Camp Circuit Training Relay Races/Games STRONG to the Core! Boot Camp Circuit Training Yoga Balance & Stretch Balance & Stretch Explosive Power! Speed & Agility Active Play Coach's Choice Texplosive Power! Speed & Agility Active Play Coach's Choice The Edge Fitness Clubs has become fitness forward and steepped away from the traditional role of gym-babysiting, to take on the challenge of creating and implementing active, healthy lifestyles for children of all ages. 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 playquite literally. Top 3 Reasons Kids Should Get Plenty of Exercise: 1. Research shows that regular exercise promotes improved academic performance. 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