



Norwalk Program Schedule | Ages 2-5

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
8:00	Active Play Coach's Choice	Active Play Coach's Choice						8:00
8:30	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	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	be strong. be fit. have fun.							4:00
4:30	Obstacle Course Challenge	Pee Wee Workout	Obstacle Course Challenge	Hoops & 'Chutes				4:30
5:00	SportsMaNiA!	Yoga for Little Ones	Kids Dance!	SportsMaNiA!				5:00
5:30	Active Play Coach's Choice	Active Play Coach's Choice	Active Play Coach's Choice	Active Play Coach's Choice				5:30
6:00	Superhero Workout!	SportsMaNiA!	Yoga for Little Ones	Obstacle Course Challenge				6:00
6:30	Yoga for Little Ones	Kids Dance!	SportsMaNiA!	Pee Wee Workout				6:30
7:00	Kids Dance!	Hoops & 'Chutes	Superhero Workout!	Yoga for Little Ones				7:00
7:30	Active Play Coach's Choice	Active Play Coach's Choice	Active Play Coach's Choice	Active Play Coach's Choice				7:30

See other side for class descriptions