



Norwalk Program Schedule | Ages 6-12

	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	Explosive Power! Speed & Agility	Boot Camp Circuit Training	STRONG to the Core!	Boot Camp Circuit Training	Boot Camp Circuit Training	Explosive Power! Speed & Agility	STRONG to the Core!	9:00
9:30	Relay Races/Games	Relay Races/Games	Relay Races/Games	SportsMania!	Relay Races/Games	SportsMania!	TEAM Workouts	9:30
10:00	Active Play Coach's Choice	STRONG to the Core!	Boot Camp Circuit Training	TEAM Workouts	Yoga Balance & Stretch	Yoga Balance & Stretch	Active Play Coach's Choice	10:00
10:30	TEAM Workouts	Yoga Balance & Stretch	Yoga Balance & Stretch	STRONG to the Core!	Explosive Power! Speed & Agility	TEAM Workouts	Boot Camp Circuit Training	10:30
11:00	Yoga Balance & Stretch	Explosive Power! Speed & Agility	TEAM Workouts	Relay Races/Games	TEAM Workouts	Relay Races/Games	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
	be fit. be strong. have fun.							
4:30	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	4:00
5:00	STRONG to the Core!	Boot Camp Circuit Training	TEAM Workouts	Explosive Power! Speed & Agility				4:30
5:30	Relay Races/Games	SportsMania!	Relay Races/Games	SportsMania!				5:00
6:00	Boot Camp Circuit Training	TEAM Workouts	Boot Camp Circuit Training	Yoga Balance & Stretch				5:30
6:30	Active Play Coach's Choice	STRONG to the Core!	Yoga Balance & Stretch	TEAM Workouts				6:00
7:00	TEAM Workouts	Relay Races/Games	Explosive Power! Speed & Agility	Relay Races/Games				6:30
7:30	Active Play Coach's Choice	Active Play Coach's Choice	Active Play Coach's Choice	Active Play Coach's Choice				7:00
7:30								7:30

See other side for class descriptions