



& Tumble Tikes Family Fit Center

Where active families live fit & feel strong!

Fall Session 2018/Sept 4-Dec 1st

PRORATED 6 week session: Oct 22 – Dec 1 ONLY \$115

Winter Class registration opens Nov 5th!

LIMITED TIME ONLY. \$0 INITIATION FOR FAMILIES!

PROGRAMS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Fit-Family Boot Camp <i>Adult class/ kids up to 7 yrs</i>	9:00am	10:15am	9:00am	10:15am		
Toddlers <i>Walkers – 2 yrs/Adult-45 min</i>	10:15am	9:15am (1 spot left)	COMING DEC 3RD			9:15am FULL (COMING SUN. DEC 3)
Tadpoles <i>2 yrs. – 3+ yrs/Adult -45min</i>	10:15am	9:15am (1 spot left)	COMING DEC 3RD	9:15am FULL		9:15am FULL (COMING SUN. DEC 3)
Mighty Tikes <i>3+ yrs. – 4.5 yrs. -45min</i>	4:15pm FULL		COMING DEC 3RD	9:15am FULL	COMING DEC 3RD	11:00am FULL (COMING SUN. DEC 3)
Leap Frogs <i>4.5 yrs. –6 yrs. -45 min</i>	4:15pm FULL	COMING DEC 3RD	4:15pm (1 spot left) COMING DEC 3RD			10:00am FULL
Jr Tikes <i>6 yrs. –8 yrs. -45 min</i>	5:00pm	COMING DEC 3RD	4:15pm (1 spot left)			10:00am FULL
Jr Tikes II/6–8 & 9–12yrs Tumble Champs- 55 min	5:00pm		5:00pm			
Open Gym & Fit-Play <i>Kids up to 7 yrs/Adult 90 min</i>	11:00am		11:00am		11:00am	(COMING SUN. DEC 3)
TJF RUN CLUB <i>Adults ONLY</i>			6:20am			
Core-Fit Small Group Training <i>Adults ONLY</i>		6:30am 12:00pm		12:00pm	6:30am	

Check our website for our NEW Client & First Time to Fitness Intro Specials!

Classes require min. 5–max 10 & can be cancelled or changed. **(UPDATED 10/18/18)**

Check our Facebook page for Class & Gym Updates or cancellations!

Go to www.triplejumpfitness.com to enroll!