



& Tumble Tikes Family Fit Center

Where active families live fit & feel strong!

Winter 2018-19/Dec 3rd-Mar 9th

Open enrollment & online registration

LIMITED TIME ONLY. \$0 INITIATION FOR FAMILIES!

| PROGRAMS | MON | TUE | WED | THUR | FRI | SAT/SUN |
|--|---------|-------------------|----------------------|---------|---------|--------------------------------|
| 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 | | | | 9:15am/Sat(full) 9:15am/Sun |
| Tadpoles <i>2 yrs. – 3+ yrs/Adult -45min</i> | 10:15am | 9:15am | 10:15am | 9:15am | | 9:15am/Sat(full) 9:15am/Sun |
| Mighty Tikes <i>3 + yrs. – 4.5 yrs. -45min</i> | 4:15pm | | 10:15am | 9:15am | | 11:00am/Sat 10:00am/Sun |
| Leap Frogs <i>4.5 yrs. –6 yrs. -45 min</i> | 4:15pm | | 4:15pm | | | 10:00am/Sat 10:00am/Sun |
| Jr Tikes <i>6 yrs. –8 yrs. -45 min</i> | 5:00pm | | 4:15pm | | | 10:00am/Sat |
| 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 | 11:00am/Sun |
| TJF RUN CLUB <i>Adults ONLY</i> | | | RETURNS IN SPRING | | | |
| 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 11/27/18)

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

Go to www.triplejumpfitness.com to enroll!

Please call before DROPPING IN to check availability!