



& Tumble Tikes Family Fit Center

Where active families live fit & feel strong!

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

We prorate for late 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
Tadpoles <i>2 yrs. – 3+ yrs/Adult -45min</i>	10:15am	9:15am	10:15am	9:15am		9:15am/Sat or 10:00am/Sun
Mighty Tikes <i>3 + yrs. – 4.5 yrs. -45min</i>	4:15pm		10:15am	9:15am		11:00am/Sat or 10:00am/Sun
Leap Frogs <i>4.5 yrs. –6 yrs. -45 min</i>	4:15pm		4:15pm			10:00am/Sat
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 Sundays ONLY
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 12/9/18)

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

Please call before DROPPING IN to check availability!