

West End Junior Activities Descriptions

AFF Kickers: 60 minutes, Basketball Court #1. Kick around or play a game of soccer! If you don't know how, you will learn the basics here.

Basketball: 60 minutes, Basketball Court #1. Come shoot some hoops, play a pick-up game, or other basketball games!

FF AKB: (Americanized Kick Boxing) 75 minutes, Group X studio. Jab, punch, kick, slip, duck and jump your way into fitness! You will train with 'drills' the way real kick boxers do!

FF/Jr Cycle: Cycle studio. Must be at least 4'9" to ride. An exercise class on the stationary bikes. Perfect for all ages, and fitness levels. Please bring water and a towel. Sign up required for this class, up to 72 hours in advance. Reserve your spot today!

FF Cycle Boot Camp: 60 minutes, Cycle studio. Cycle intervals mixed with other fun drills! Sign up required for this class, up to 72 hours in advance. Reserve your spot today!

FF Line Dancing: 75 minutes, Group X studio. Walk it Out, Crank Dat, Step in the Name of Love while you Cupid Shuffle! Pop, Lock, and Drop your Cha-Cha Slide! Dance your way into fitness!

FF Mindful Awareness: 30 minutes, Activities Studio. De-stress, clarify the mind, and build self esteem through positive affirmations.

FF Strive: 60 minutes, Strive area. Designed for those new to the equipment. We will instruct you on proper use, set up, and form needed for each piece of equipment. Includes cardio intervals, stretching, abs, and strength.

FF/Jr Yoga: 60 minutes, Mind/Body studio. Develop strength, endurance, flexibility, and proper body alignment through a series of poses.

FF Zumba: 60 minutes. Group X studio. Dance your way to a fitter you! An aerobic workout using exciting and unique Latin moves!

Flag Football: 60 minutes, Basketball Court #1. Who doesn't love football? Come play with us!

Jr Abs: 30 minutes, Activities studio. Not just your ordinary crunches here! Keep your core strong using standing exercises, balls, and much more!

Jr. AKB (Americanized Kickboxing): 45 minutes, Group X Studio. Jab, punch, kick, slip, duck and jump your way into fitness! You will train with 'drills' the way real kick boxers do!

Jr Boot Camp: 60 minutes, Activities studio. This Boot Camp is all about fun! Join us for fun games and drills that are sure to change your mind about exercise!

Jr Pilates: 60 minutes, Mind/Body Studio. Develop strength, flexibility, and endurance through mat exercises and stretches.

Jr Pool Olympics: 60 minutes, Teaching pool. A variety of water activities including Marco Polo, Sharks & Minnows and more!

Jr Strive: 60 minutes, Strive area. Basic Strive format, with fun 'Jr' approved activities which could include jump rope, tug o war, or other fun exercises!

Jr Water Sports: 60 minutes, Teaching pool. A variety of water sports including basketball, volleyball and water polo!

Jump Rope Jam (JRJ): 30 minutes, Activities studio. In this full class, you will jump your way to fitness!

Kickball: 60 minutes, Basketball Court #1. Work up a sweat, kicking and running the bases!

Laser Tag: Skate Nation. Sign up 36 hours in advance and get your name on the list. There are only 20 spaces available. Parents now drop off and pick up their kids from Skate Nation. Must register at the Skate Nation front desk upon arrival.

Pool Play (PP): Sign into the Kids Zone and have fun in the pool with your friends!

Pump it Up!: 60 minutes, meet in the Study Zone. Come workout on the machines that are "Fit Kid Approved" while your parents work out.

Pump/XRCADE 30/30: Meet in the Study Zone. Enjoy 30 minutes of Pump It Up or 30 minutes FREE use of XRCADE!!

Road Runners: Meet in the Study Zone. Learn how fun and effective running can be from our trained staff. You could be the next star runner....

Training Zone: 30 minutes, meet in the Study Zone. Learn the skills necessary to be a Junior Kids Zone worker!

Wally Ball: 60 minutes, Racquetball Court #3. This game is similar to Volleyball, but you get to play off the walls!

FF = Family Friendly, ages 9-13 may attend with a parent or alone.

All other classes are 9-13 only