




# American Family Fitness Southside

March 2010

## Youth Fitness Schedule

Ages 8-14 years old



	Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <b>AMERICAN FAMILY FITNESS</b>	1 6:00 Nutrition 7:00 Bingo 8:00 Strive	2 6:00 Freeze Tag 7:00 Basketball 8:00 Dance	3 6:00 Abs Workout 7:00 Cardio 8:00 Dodge ball	4 6:00 Basketball 7:00 Abs Workout 8:00 Cardio Camp	5 5:30-6:30 Kids Choice Sport Court	6 10:30 am Fitness Activities	
	7 Video Games Open All Day Crafts 3:00 Movie Time	8 6:00 Around the World 7:00 Step Dancing 8:00 soccer	9 6:00 Strive 7:00 Partner Stretches 8:00 Kickball	10 6:00 Nutrition 7:00 Kids Workout 8:00 Stretching	11 6:00 Warm up/Stretching 7:00 Kids Workout 8:00 Dodge Ball	12 5:30-6:30 Kids Choice Sport Court	13 10:30 am Fitness Activities
	14 Video Games Open All Day Crafts 3:00 Movie Time	15 6:00 Nutrition 7:00 Kick Ball 8:00 Bean Bag Toss	16 6:00 Ball Bouncing 7:00 Free Play 8:00 Freeze tag	17 6:00 Relay Race 7:00 Kick Ball 8:00 Around the World	18 6:00 Soccer 7:00 Strive 8:00 Basketball	19 5:30-6:30 Kids Choice Sport Court	20 10:30 am Fitness Activities
	21 Video Games Open All Day Crafts 3:00 Movie Time	22 6:00 Warm-up/stretch 7:00 wall Ball 8:00 Team Activity	23 6:00 Around the World 7:00 Knock Out 8:00 Team Activities	24 6:00 Nutrition 7:00 Stretching/warm up 8:00 Kids Workout	25 6:00 Knock Out 7:00 Kick Ball 8:00 Free Play	26 5:30-6:30 Kids Choice Sport Court	27 <b>Spring Fling</b> 10:00-12:00 <b>Parents Night Out</b> 6:00pm-11:00pm
	28 Video Games Open All Day Crafts 3:00 Movie Time	29 6:00 Nutrition 7:00 Cardio 8:00 M&M	30 6:00 Dodge Ball 7:00 Soccer 8:00 Strive	31 6:00 Cardio Camp 7:00 Basketball 8:00 Team Activities	<b>Kids Zone Hours</b> Monday-Friday 8:30am to 9:00pm Saturday 8:00am to 7:00pm Sunday 9:00am to 6:00pm (804) 330-3400		