

CLASSES	DESCRIPTIONS
BABY SENSORY 6 – 12 Months	The first baby programme to offer a complete approach to learning and sensory development. Designed to stimulate, educate and provide precious memories during the all-important first year of life. Every activity has been carefully designed to stimulate your baby's senses and move development and learning forwards.
MOM & BABY FITNESS 6 – 12 Months	Fitness classes to moms of all fitness levels. The class provides a full body workout: cardio, muscular endurance, postnatal specific core work and flexibility.
STROLLER BOOTCAMP 6 – 12 Months	A stroller-based interval fitness class designed for moms with their babies. Incorporates power walking, strength training, and core exercises for a total body workout. Get fit while spending quality time with your child.
BORN2PLAY 12 – 24 Months	Babies accompany their caregiver (mom, grandma, or nanny) to the class for, shared experiences in learning through play, music, and infant stimulation with age-appropriate movement.
MOTHER & TODDLER 2 – 3 Years Old	Our toddler classes focus on laying the basic foundation. Through lots of exploration and discovery, we work in a creative way to encourage your child to Stretch their physical boundaries. We use age-appropriate, fun games to engage kids in a variety of sports.
LITTLE ATHLETES 3 – 5 Years Old	Multi-Sport Class introduce young athletes to a variety of sports, opening their eyes to the world of athletics. The focus is on fundamentals, body-awareness and coordination. Our experienced instructors use age-appropriate gear and coaching techniques to ensure the best possible experience for your growing athlete.
YOUTH FITNESS 5 – 6 ^{1/2} Years Old	Class packed with innovative and dynamic fun activities that will help continue Children's development of FUNdamental sport skills. Featuring music and moves, this class combines fun and fitness in the way that Children love.
GIRLS FITNESS 7 – 9 Years Old	Class is designed to teach the Girls different exercises, agility drills, and movements with music. The class is set up in fun drills that will stimulate both mind and body. It's a great way to disguise strength and cardio in a fun challenging workout.

