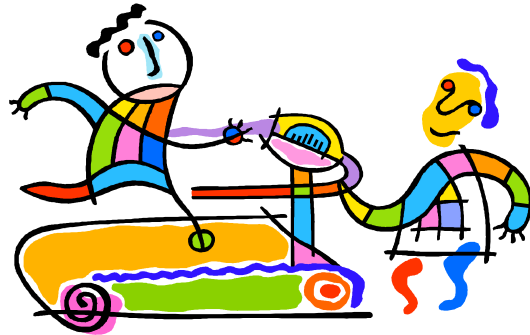


LAC Kidz-fit

LAC Kidz-fit class schedule
Phone: 487-1000



Ages	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2-5 years	9:30-10:00am		9:30-10:00am		9:30-10:00am	Family fitness
2-5 years	4:30-5:00pm			4:30-5:00pm	Family fitness	Family fitness
6-10 years	5:00-5:30pm			5:00-5:30pm	Family fitness	Family fitness

Notes:

- LAC Kidz-fit is a program to help our youngest generation become healthier by participating in a FUN exercise program. (There is no additional cost for the program)
- Parents must sign a Consent Form and Health History Form.
- Parents, sign-in your Kidz in the childcare room. We will then escort the Kidz to our designated Kidz-fit areas.
- Please **DO NOT** bring your Kidz to class after class has begun.
- Your Kidz must be registered in childcare if you will be working out during their class.
- Classes subject to change based on enrollment.
- Kidz **MUST** wear tennis shoes and comfortable clothes (no blue jeans please).