



SUMMER 2008 KIDS FITNESS

AT PELICAN ATHLETIC CLUB

Group Exercise Schedule for Kids:

DAY	TIME	CLASS	LOCATION
MONDAY	9:00 AM	AquaKids	8 Lane Pool
TUESDAY	11:00 AM	Stretch & Strengthen	Mind & Body Studio
WEDNESDAY	9:00 AM	AquaKids	8 Lane Pool
THURSDAY	11:00 AM	Stretch & Strengthen	Mind & Body Studio
SATURDAY	10:00 AM	Yoga for Kids	Upstairs Conf. Room

FOR AGES: 7-12

PLEASE NOTE: A parent or guardian **MUST** drop off and pick up their children at the scheduled class times.