

Healthtrax Fitness & Wellness – Warwick, RI	
at the Care New England Wellness Center 2191 Post Road Warwick, RI 401-732-2413	Monday - Friday 5:00 am - 10:00 pm Saturday - Sunday 7:00 am - 6:00 pm

Structured Group Fitness Classes

The following classes are developed and lead by your Healthtrax team of fitness professionals. They are designed specifically for children ages 7-13, employing plenty of structure so that your child can derive a variety of health and wellness benefits in a fun, nurturing environment. These classes are 45 minutes in length (unless otherwise indicated) and are EXCLUSIVE to Healthtrax Members and are included in our 'Family Membership Plan'.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Youth	Open	Kidz	Open	Kidz
Yoga	Water	Sport	Water	Sport
6:30-7:15pm	6:00-8:00pm	7:00-7:45pm	6:00-8:00pm	6:15-7:00pm

Descriptions:

Youth Yoga: A unique way to integrate mind, body, and spirit, without force or competitiveness. Yoga develops muscle tone and improves physical condition while promoting flexibility. Whether you're looking to help improve for a particular sport or you want to learn to focus and chill to bring down stress levels before a big test, this class will do it.

Kidz Sport: Get your game on in this class that offers sport specific skills, drills, and fun fitness games. Explore the benefits of all your favorite sports such as basketball, soccer, wiffle ball, football and more in this non-competitive atmosphere! Whether you want to improve your performance in your particular sport or simply want to de-stress and stay active, Kidz Sport is your chance to be an MVP!

Open Water: Kids...It's time to drop your folks off at the gym and head for OPEN WATER! This program allows 'tweens' a chance to utilize the pool under supervision of our Healthtrax employees while mom and dad have the ability to use areas of the club for their own workout. Swim, splish, splash and have a blast! * (Children MUST pass a swim test prior to attending these sessions. Please see lifeguard on duty upon drop off).