

Membership Types

Fit Kids

Includes Fit Kids classes, Childcare at the RC Corral for kids 2-12 years and guarantees premium rates on Youth Programs (Parent's Night Out, Kid's Cooking Classes, Swim Lessons, Camps, and Birthday Parties)

\$30 per month

Kids Club

Includes childcare at the RC Corral for kids 2 months to 12 years and better rates on Youth Programs (Parent's Night Out, Kid's Cooking Classes, Swim Lessons, Camps, and Birthday Parties)

\$14 per month or \$7.50 per class

Non-Members

\$80 per month or \$8 per class



Don't forget to sign up for parent's night out!

Fridays & Saturdays from 5:00-9:00 p.m.

Contact:

bjones@coopercraigranch.com
214.383.1030






























cooper FIT KIDS program

February 2017



Cooper Fitness Center™
at Craig Ranch
A COOPER AEROBICS COMPANY

FIT KID CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 AM						
10:00 AM						
10:30 AM						
12:00 PM			 			
4:30 PM						
5:00 PM						
6:00 PM						

Class Descriptions

Zumba

This class is a fast-forward fusion of the Zumba program's moves and high octane workouts designed to let kids max out on fun and fitness all at the same time.

Yoga

This class introduces kids to yoga in a fun and safe environment. Children will develop strength, flexibility, and focus through music, movement, and breath.

Karate

This class will teach your little one the basics of martial arts with and emphasis on character building.

Be Creative!

This class will introduce your little ones to coloring, drawing, and finger-painting so they will be ready to start school!

Be Healthy!

Let your kids learn about the food pyramid and the importance of a healthy diet!

Little Dribblers

Introduce your little ones to the fundamentals of basketball like shooting, ball handling, and defensive skills.

Homeschool Fitness (6-12 yrs.)

This class will focus on fitness related activities that will help build stronger, more flexible bodies and improve nutrition, balance and posture.

Rock Climbing (6-12 yrs.)

Let your little ones face their fears and test their upper body strength by climbing 'Mount Cooper'

Gymnastics

Your little one will learn basic gymnastic stretches, rolls, and movements, as well as build stronger more flexible bodies.

*Please wear clothes and shoes appropriate for active play.