

Serendipity Kids Club: Strength Training, Core & Cardio, Yoga			
	Elementary School (Ages 6 - 10)	Middle School (Ages 11 - 13)	High School (Ages 13 +)
	Minimum class size: 5 kids Member: \$160.00* NM: \$200.00*	Minimum class size: 5 kids Member: \$160.00* NM: \$200.00*	Minimum class size: 5 kids Member: \$160.00* NM: \$200.00*
Aug 30 - Sept 24			Min/Max class size: 3 kids/6 kids Member: \$200.00* NM: \$240.00*
Sept 27 - Oct 22			
Oct 25 - Nov 19			
Nov 22 - Dec 17			

* \$5.00 off each additional child

Reminder: No classes on November 25 (Thanksgiving)

Name: _____ Age _____ Phone: _____

Parent's Name: _____ E-mail: _____

Address: _____ Amount Paid: _____

Signature of Parent or Guardian: _____

Eric Gross, Fitness Manager | 3600 Torrey Pines Blvd | Sarasota, FL 34238 | (941) 922-1591 ext 290 or 298 (Fitness Center)



Kids Club!

afterschool program

SERENDIPITY KIDS CLUB

Strength Training | Core & Cardio | Yoga

Pros

Lisette Riveron, Jorge Munoz, & Teresa Moreland

Strength Training

The strength training class targets major muscle, bone, and joint groups using free weights, stability balls, resistant bands etc. The kids will take part in a 30 minute session learning about the importance of building strong bodies in a fun and safe way. The instructor will include circuit training with stations set-up with strength equipment allowing the kids to increase their endurance while getting stronger.

High School	Ages 13 +	TUESDAY & THURSDAY	3:30 - 4:00 PM
Elementary School	Ages 6 - 10	TUESDAY & THURSDAY	4:00 - 4:30 PM
Middle School	Ages 11 - 13	TUESDAY & THURSDAY	4:30 - 5:00 PM

Core & Cardio

The torso is the structural center of movement. The better you can transfer energy through the body, the more efficient you can move. Kids core training will focus on dynamic movement patterns and strength of the torso region.

High School	Ages 13 +	TUESDAY & THURSDAY	4:00 - 4:30 PM
Elementary School	Ages 6 - 10	TUESDAY & THURSDAY	4:30 - 5:00 PM
Middle School	Ages 11 - 13	TUESDAY & THURSDAY	5:00 - 5:30 PM

Yoga

Yoga's intention is to create a deeper understanding and communication between our minds and our bodies in a non-judgmental and non-competitive environment. It all starts with a breath and ends with a pose. Breathing is the key to mind control. It's never too early to start yoga.

High School	Ages 13 +	TUESDAY & THURSDAY	4:30 - 5:00 PM
Elementary School	Ages 6 - 10	TUESDAY & THURSDAY	5:00 - 5:30 PM
Middle School	Ages 11 - 13	TUESDAY & THURSDAY	5:30 - 6:00 PM

Sport Specific Training

Eric Gross

This program is designed to increase speed and strength for all athletes. Whether they play football, basketball, tennis, baseball, volleyball, or soccer.

High School	Ages 13 +	TUESDAY & THURSDAY	3:30 - 5:00 PM 4:30 - 6:00 PM
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