

Youth Fitness

Storybook Yoga (4-10 years) \$44/\$52

In this class, your child will learn to make the mind-body connection via movement games, songs and books. Common themes of the classes are body awareness and anatomy, self-calming techniques, health, wellness, and learning. This class is taught by a certified yoga instructor with specialized training in yoga for children. This class is perfect for the child with boundless energy!

One child per parent please.

FH TU 3/6-4/17 6-6:45pm Reg by 3/4 #8201
FH TU 5/1-6/14 6-6:45pm Reg by 4/30 #8256

ZumbaKids (7-13 years) \$44/\$52

Are you looking for a new workout that is fun and gets your child involved in exercising? A workout that makes them swing their hips to a salsa rhythm? The new ZumbaKids workout rave is worth the time. Classes combine Latin dances like Flamenco, Salsa, Merengue and Cumbia with a fitness regimen that guarantees fun with a workout. Your child can twist their hips to a spicy Latin beat. Workouts involve total body movement and helps children remain in shape and exercise while having fun dancing.

FH TH 3/8-4/19 6-6:45pm Reg by 3/6 #8203
FH TH 5/3-6/14 6-6:45pm Reg by 5/1 #8206

*No class 11/24

FitKids (7-12 years) \$44/\$52

In this class, kids will learn new ways to be physically active through a series of games and exercises. This entertaining and exciting class will give kids a chance to improve their balance, speed coordination, flexibility, and strength without even realizing that they are exercising! We will use balls, bands, jump ropes, hoops, and more to make exercise fun! Some classes may be held outside if weather permits.

FH SA 3/10-4/21 10-11am Reg by 3/8 #8209
FH SA 4/28-6/9 10-11am Reg by 4/26 #8207

Teen Boot Camp (13-16 years) \$44/\$52

Have your child start the school year off on the right track with fitness and health! This class will provide a fun approach to fitness and healthy lifestyle choices in a fun and inspirational manner. Your child will participate in a "basic training" style class that incorporates exercise as well as education about "rules" that are essential to follow for a long, healthy, happy life. Give your child a chance to feel like a soldier and get fit while doing it!

FH SA 3/10-4/21 11am-12pm Reg by 3/8 #8245

Let's Move Sports and Fitness Camp (6-13 years) \$30/\$36

The Lets Move Sports and Fitness Camp is working to solve the challenge of childhood obesity within a generation so that children born today will reach adulthood at a healthy weight if we all work together. Half day program held Monday-Wednesday at the Field House Sports and Fitness Center with direct leadership provided by trained instructors. Each participant will receive a program T-shirt, a water bottle, and healthy snacks at each meeting. Program participants will enjoy a number of fitness and athletic activities including: basketball, dodge ball, volleyball, floor hockey, bating cages and climbing wall.

FH MO-FR 3/26-3/30 1-4pm #8753



Girls on the Run (Grades 3-5) \$44/\$53

This exciting program is a professionally designed, award winning program created exclusively for pre-teen girls. It is an after school program that meets twice a week for 12 weeks where trained women coaches provide a challenging, encouraging, and fun way for girls to interact and be healthy. Running workouts and games that teach specific life skills such as how to make healthy decisions, resolve conflict, and get along with a group, are just a few of the things girls will learn in this program. At the end of the 12 weeks, the girls will be able to participate in the Wondergirl 5k running event, with transportation provided by the Park District. Each girl will also receive a free program T-shirt, water bottle, healthy snacks at each meeting, and a goody bag and race t-shirt. For more info on this program, go to www.gotrchicago.org

FH TU/TH 3/6-6/2 4-5:15pm Reg by 2/28 #8204

Girls on Track (Girls in Grades 6-8) \$44/\$53

This exciting new program is a professionally designed, award winning program created exclusively for pre-teen girls. This program was created especially for middle school aged girls. It is an after school program that meets twice a week for 12 weeks where trained women coaches provide a challenging, encouraging, and fun way for girls to interact and be healthy. Running workouts and games that teach specific life skills such as how to make healthy decisions, resolve conflict, and get along with a group, are just a few of the things girls will learn in this program. At the end of the 12 weeks, the girls will be able to participate in the Wondergirl 5k running event, with transportation provided by the Park District. Each girl will also receive a free program t-shirt, water bottle, healthy snacks at each meeting and a goody bag and race t-shirt. For more info on this program, go to www.gotrchicago.org

FH MO/WE 3/5-6/2 4-5:15pm Reg by 2/27 #8205

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