

KIDS & TEENS

FITNESS

BOOT CAMP FOR KIDS/TEENS

Challenge yourself to improved health & fitness! A certified personal trainer will lead you through drills and obstacle courses to get you in shape. These workouts will incorporate weights, tubes, cardio machines, jumpropes, BOSU's and more. No class October 31, November 25 & November 27.

Instructor Kelly Kenny
Monday & Wednesday, 4:30 PM-5:25 PM
Ages 8 to 14 / Sportsplex Fitness Center
\$75.00(R) / \$113.00(N) / \$70.00(M)

Program #86966, Sept 9-Oct 16
Program #86968, Oct 21-Dec 4

FOR MORE INFO:

708.645.7529 • 708.403.7275
orlandpark.org

FITNESS FUSION

Teens and preteens will participate in the fusion of exercise classes which include yoga, kickboxing, spin cycling, and strength training in the fun environment of the fitness center. No class November 29.

Instructor Kelly Kenny
Friday, 4:15 PM-5:00 PM
Ages 7 to 14 / Sportsplex Fitness Center
\$47.00(R) / \$71.00(N) / \$42.00(M)

Program #86982, Sept 13-Oct 18
Program #86984, Oct 25-Dec 6

FLY/AERIAL YOGA

This class is a nurturing, positive environment for teens to work on skills that encourage enhanced body connection and body awareness. Students will utilize the aerial hammocks to explore movement and breath in a safe, fun, and creative way. Private classes are available upon request.

Sportsplex Aerobics/Dance Studio
\$90.00(R) / \$135.00(N) / \$85.00(M)

Program #87313, 14 and up, 7:00 PM-7:50 PM
Wednesday, Sept 11-Oct 16
Program #86963, 8 to 13, 4:00 PM-4:50 PM
Thursday, Sept 12-Oct 17
Program #87314, 14 and up, 7:00 PM-7:50 PM
Wednesday, Oct 23-Dec 4
Program #87089, 8 to 13, 4:00 PM-4:50 PM
Thursday, Oct 24-Dec 12

SPORTS CONDITIONING FOR KIDS

Blend of speed, agility, power and strength training geared to help young athletes prepare for their upcoming seasons. This will help all young athletes get focused and set to achieve their individual performance goals. No class November 30.

Instructor Adam Hoornaert
Saturday, 12:00 PM-12:55 PM
Ages 7 to 12
Sportsplex Fitness Center
\$60.00(R) / \$90.00(N) / \$55.00(M)

Program #86980, Sept 14-Oct 19
Program #86981, Oct 26-Dec 7

YOGA & FITNESS FOR KIDS

Children get a chance to learn basic yoga moves incorporated with stretching & strength exercises, kickboxing, cycle, aerobics and more. This is an all around fun fitness class! No class November 29.

Instructor Kelly Kenny
Friday, 3:30 PM-4:15 PM
Ages 7-14 / Sportsplex Aerobics Studio
\$47.00(R) / \$71.00(N) / \$42.00(M)

Program #86956, Sept 13-Oct 18
Program #86957, Oct 25-Dec 6

EXTENDED PE CLASS & FITNESS FOR KIDS

If you're looking to keep your kids physically active after school (instead of playing video games perhaps), then this is the class for you. This class includes the staples of our ordinary gym class (kickball, basketball, dodgeball, t-ball, etc.), and combines them with strength and cardiovascular training. The combination of fun games with exercise will allow your kids to have a great time, not even realizing they are also getting a workout along the way. No class November 26 & 28.

Instructor John Olson
Ages 8 to 16 / Sportsplex Soccer Arena
\$60.00(R) / \$90.00(N) / \$55.00(M)

Program #87086, Tuesday, Sep 10-Oct 15,
4:30 PM-5:25 PM
Program #87088, Thursday, Sep 12-Oct 17,
4:00 PM-4:55 PM
Program #87087, Tuesday, Oct 22-Dec 3,
4:30 PM-5:25 PM
Program #87088, Thursday, Oct 24-Dec 5,
4:00 PM-4:55 PM

This activity is not sponsored by Palos School District 118, any of its schools or groups officially associated with the District.

