

FUN FOR THE KIDS

Presidents Week Additional Youth Classes

Ages 6-12 - 45min

Rhythm & Motion
with Damilola

Monday, February 16 @10:30 am
Studio 2

Kid Sound
with Tessa

Tuesday, February 17 @10:30 am
Studio 2

Game Time
with Andrea

Wednesday, February 18 @10:30 am
Studio 2

Kid Sound
with Tessa

Thursday, February 19 @10:30 am
Studio 2

Kid Dance
with Lyndsay

Friday, February 20 @10:30 am
Studio 2





Rhythm & Motion

A fun, high-energy dance fitness class that uses rhythm, movement, and light equipment like step platforms, resistance bands, and small dumbbells to help kids stay active and confident — all while having fun.

Kid Sound

A fun mix of sound, movement, and calm! We'll explore our breath, shake out our wiggles with a little dance, and relax to the peaceful sounds of singing bowls. Feel happy, calm, and refreshed!

Game Time

A playful class where kids work together through games and activities that build teamwork, communication, and confidence—all while having fun!

Kid Dance

A joyful 45-minute kids dance class with original choreography that supports coordination, brain development, and social skills. Kids move, think, connect — and Shine — all while having fun.

