

# 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.

