

# FUN FOR THE KIDS

## Spring Break Additional Youth Classes

Ages 6-12 - 45min

**Dance**  
with Susanna

Monday, April 6 @10:30 am  
Studio 2

**Kid Yoga**  
with Ava

Tuesday, April 7 @10:30 am  
Studio 2

**Fun&Fit**  
with Thomas

Wednesday, April 8 @10:30 am  
Studio 2

**Kid Sound**  
with Tessa

Thursday, April 9 @10:30 am  
Studio 2

**Game Time**  
with Andrea

Friday, April 10 @10:30 am  
Studio 2 or Outdoor Sports  
Court- Weather Allowing





## **Dance** with Susanna

an engaging, high-energy class with flexible routines and games tailored to kids' interests. Set to a mix of international music and Disney favorites, it builds creativity and confidence. Parent participation optional.

## **Kid Yoga** with Ava

This fun and active kids' yoga class helps develop strength, flexibility, and coordination through music, games, animal poses, and imaginative stories. A playful way for children to move, stretch, and grow!

## **Fun&Fit** with Thomas

A class for kids that makes exercise fun with games and activities that improve strength, balance, and flexibility.

## **Kid Sound** with Tessa

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** with Andrea

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

