

Fit Kid

Join in the Fun and Fitness 2025



Orientation /Assessment sign- up at the main desk

Participants must have completed a FitKid assessment & be an annual or monthly Nat member. *Registration for orientations will close 30 minutes prior to start of the class. Kids ages 7-13. Water classes limited to 15 kids, must be able to swim.

Monday	Wednesday	Saturday
5:30pm-6:15pm Circuit Workout	5:30pm-6:15pm Circuit Workout	9:00am-9:45am Circuit Workout
6:15pm-7:00pm Water Class -Therapy Pool	6:15pm-7:00pm Water Class -Therapy Pool	
6:15pm-7:00pm-EAST Basketball Court Fit Games	6:15pm-7:00pm-EAST Basketball Court Fit Games	9:45am-10:30am Group Fit Room B Fit Games
	Orientation 7:00pm Circuit Room Register and pay ahead	Orientation 10:30am Circuit Room Register and pay ahead

Parents/guardians MUST remain in the building!!

