



Beyond Fitness JULY Youth Schedule



| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------|--|--|---|--|--|----------|
| 9:00 | Adventure Camp 9:00-1:00 Elijah & Brooke Ages 7-12 *Fee Based* | Adventure Camp 9:00-1:00 Elijah & Brooke Ages 7-12 *Fee Based* | Adventure Camp 9:00-1:00 Elijah & Brooke Ages 7-12 *Fee Based* | Adventure Camp 9:00-1:00 Elijah & Brooke Ages 7-12 *Fee Based* | Adventure Camp 9:00-1:00 Elijah & Brooke Ages 7-12 *Fee Based* | |
| 12:30 | Ballet 1 12:30-1:00 Valerie Ages 2-4 Yoga Room *Fee Based* | | Ballet 1 12:30-1:00 Valerie Ages 2-4 Yoga Room *Fee Based* | | | |
| 1:00 | Supervised Swim 1:00-5:30 David Pool Ages 6-12 | Supervised Swim 1:00-5:30 David Pool Ages 6-12 | Supervised Swim 1:00-5:30 David Pool Ages 6-12 | Supervised Swim 1:00-5:30 David Pool Ages 6-12 | Supervised Swim 1:00-5:30 David Pool Ages 6-12 | |
| 2:00 | | DODGEBALL 2:00-3:00 Elijah Ages 6-12 Blue Room | | DODGEBALL 2:00-3:00 Elijah Ages 6-12 Blue Room | | |
| 3:30 | Sportsmetric 3:00-4:00 Stacey Shelton Pillsbury PT Ages 10-15 Blue Room *Fee Based* | | Sportsmetric 3:00-4:00 Stacy Shelton Pillsbury PT Ages 10-15 Blue Room *Fee Based* | | | |
| 3:45 | | Ballet 2 3:45-4:15 Valerie Ages 5&6 Yoga Room *Fee Based* | | Ballet 2 3:45-4:15 Valerie Ages 5&6 Yoga Room *Fee Based* | | |
| 4:30 | | Jazz and Hip Hop 4:30-5:15 Valerie Ages 7-12 Blue Room *Fee Based* | | Jazz and Hip Hop 4:30-5:15 Valerie Ages 7-12 Blue Room *Fee Based* | | |
| 4:30 | Supervised Climb 4:30-5:30 Climbing Wall Ages 6 and up Must be 40 pound | Supervised Climb 4:30-5:30 Climbing Wall Ages 6 and up Must be 40 pound | Supervised Climb 4:30-5:30 Climbing Wall Ages 6 and up Must be 40 pound | Supervised Climb 4:30-5:30 Climbing Wall Ages 6 and up Must be 40 pound | Supervised Climb 4:30-5:30 Climbing Wall Ages 6 and up Must be 40 pound | |
| 5:30 | Big Kids Club 5:30-6:00 Ages 6-12 Imagination Station | Big Kids Club 5:30-6:00 Ages 6-12 Imagination Station | Big Kids Club 5:30-6:00 Ages 6-12 Imagination Station | Big Kids Club 5:30-6:00 Ages 6-12 Imagination Station | | |

Schedule is subject to change

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