O.T.C. Fit Club

Weekly Class Schedule

MARCH – APRIL

Monday	Tuesday	Wednesday	Thursday	Friday
Jump Rope Clinic 4-5pm (Gym)	***Zumbatomic** 5:30-6:30pm (Dance Studio) **Class Description on Back**	**Jammin in the Gym** 5:30-6:30pm (Gym)	***Sport Skills** 5:30-6:30pm (Gym) **Class Description on Back**	**Friday Fun @ the Wall** 5:00-6:30pm *Prize each Friday!*
***Take a Hike** 5:30-6:30pm (Lakeview East Room) @ 5:45 to 6:15 pm a supervised jog in Rio Vista Park **Class Description on Back**	**FREE exercise classes for ages 8-12 years old.** **2012 OTC orientation required for program** **Orientation offered every Wednesday @ 6:30 pm** ***Please see back for Class Descriptions**			

OTC CLASS DESCRIPTION

Take a Hike–

This class is designed to teach kids proper stretching & running technique, form, and coordination. This is also a great introduction to prepare members for cross country. OTC members will meet in the Lakeview East room at 5:30pm, stretch until 5:45 pm then take a fun 30 minute jog with Rio Vista staff around the park filled with exercise stations along the way. Let's take a hike!

Zumbatomic-

This high energy class features Latin and international beats. Much like Zumba for adults but tailored specifically for kids to have fun and burn energy. Before kids know it, they're getting fit and their energy levels are soaring! Zumbatomic will get the kids heart racing to the music!

SPORT SKILLS-

This sports packed class will focus on different types of sports and kids will learn different types of exercises and drills that go with these sports. Every 2 weeks a new sport will be introduced first basketball, then soccer, next football, then baseball/softball and finally track and field. Come ready to play!

March 1 & 8– Basketball	**March 29 & April 5– Football**
March 15& 22– Soccer	**April 12, 19, & 26– Baseball/ Softball**