

KIDS CLASSES



SPORTS CONDITIONING

SATURDAYS | 12P-12:55P | AGES 7-16

FITNESS FUSION

FRIDAYS | 4:15P-5P | AGES 7-13

YOGA & FITNESS

FRIDAYS | 3:30P-4:15P | AGES 6-12

MORE INFO ON BACK

Sportsplex
VILLAGE OF ORLAND PARK

SPORTSPLEX | 11351 W. 159TH, ORLAND PARK, IL 60467 | PH 708.403.5000
LABOR DAY-MEMORIAL DAY: Mon-Fri 5:30AM-10:00PM | Sat: 7:00AM-9:00PM | Sun: 8:00AM-8:00PM
MEMORIAL DAY-LABOR DAY: Mon-Fri 5:30AM-10PM | Sat: 7:00AM-7:00PM | Sun: 8:00AM-7:00PM



ORLAND
PARK

This event or activity is not sponsored by Palos School District 118,
any of its schools or groups officially associated with the District.

SPORTS CONDITIONING

FOR KIDS

Blend of speed, agility, power and strength training geared to help any young athletes get prepared for their upcoming seasons. This will help all young athletes get focused and achieve their individual performance goals. *No class November 27.*

INSTRUCTOR: Adam Hoornaert
DAY/TIME: Saturday / 12p-12:55p
AGE: 7 to 16
LOCATION: Sportsplex—Fitness Center
FEE: Sportsplex member \$55
Resident \$60 | Non-resident \$90

PROG#: **DATE:**
91842 Sep 11-Oct 16
91843 Oct 23-Dec 4

FITNESS FUSION

Children will participate in the fusion of exercise classes which include yoga, kickboxing, spin cycling, and strength training in the fun environment of the fitness center. *No class November 26.*

INSTRUCTOR: Morgan Fedro
DAY/TIME: Friday / 4:15p-5p
AGE: 7 to 13
LOCATION: Sportsplex—Fitness Center
FEE: Sportsplex member \$42
Resident \$47 | Non-resident \$71

PROG#: **DATE:**
91869 Sep 17-Oct 22
91870 Oct 29-Dec 10

YOGA & FITNESS

FOR KIDS

Children get a chance to learn basic yoga moves incorporated with stretching & strength exercises, kickboxing, cycle, aerobics and more. This is an all around fun fitness class! *No class November 26.*

INSTRUCTOR: Morgan Fedro
DAY/TIME: Friday / 3:30p-4:15p
AGE: 6 to 12
LOCATION: Sportsplex—Aerobics Studio
FEE: Sportsplex member \$45
Resident \$50 | Non-resident \$75

PROG#: **DATE:**
91867 Sep 17-Oct 22
91868 Oct 29-Dec 10