



KIDS FITNESS

Kids Yoga Ages 3 - 5 • Mondays at
5:30 - 5:55pm in Dance Studio 1

Kids Yoga Ages 6-10 • Wednesdays
at 6:30 - 7pm in Revive Studio

HIIT Kix Jr. Ages 7 - 11 • Thursdays
at 5 - 5:30pm in the Boxing Studio

KID FIIT Ages 9 - 12 • Saturdays at
9:45 - 10:15am in Dance Studio 2

GIRL FIIT Ages 12+ • Saturdays
9:45 - 10:15am in the Barre Studio

Junior Fitness Certification Ages
11 - 15 • Offered 2nd Sundays and 4th
Saturdays from 12-2pm (*Meet in the lobby,
group class is offered free to members only*)

All Youth Fitness classes are free to Merritt Clubs members only and designed with specific age groups in mind. Please understand that we can only allow a limited amount of participants and, for safety reasons, they are required to be in the correct age bracket. All children must be registered in Motionvibe under Programs. Registration will open up at 7am the day of each class.

Junior Fitness Certification is a one class certification offered free to members in a group setting twice per month. There is a charge for individual certification programming. Class changes or cancellations will be posted on the Merritt Eldersburg Facebook page, as well as a roster message will be sent to parents of those registered if needed.

For more information, contact Sherri Lively at
slively@merrittclubs.com or 410.549.8855.