



KIDS

FITNESS

GIRL FIIT (*Fun Intensive Interval Training*) • Ages 6+
Sundays | 10:30 – 11:15am | Barre Studio

Kids Yoga • Ages 3 – 5
Mondays | 5:30 – 5:55pm | Dance Studio 1

Kids Yoga • Ages 6 – 10
Tuesdays | 4:50 – 5:20pm | Revive Studio

KID FIIT Cardio/Core • Ages 7+
Wednesdays | 5:30 – 6:00pm | Boxing Studio

Tiny Tots Cardio • Ages 2 – 5
Thursdays | 10:00 – 10:25am | Dance Studio 1

Kid FIIT Cardio/Strength • Ages 5 – 8
Thursdays | 5:30 – 6:00pm | Barre Studio

KID FIIT Strength • Ages 7 – 11
Saturdays | 9:30 – 10:00am | Boxing Studio

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.



Connect with us!

 www.merrittclubs.com

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