

| Day | Time | Duration (min.) | Class | Instructor | Age Group |
|------------------|----------|-----------------|---|--------------------|-----------------------|
| FitKids | | | | | |
| Monday | 6:00 PM | 30 | Kid Fit Connections | Cathy | 7-11 Year Olds |
| | 6:45 PM | 30 | | | 3-6 Year Olds |
| Tuesday | 6:00 PM | 30 | More Steps | Holly | 3-6 Years Old |
| | 6:45 PM | 30 | | | 7-11 Years Old |
| Wednesday | 6:15 PM | 30 | Yoga for Kids | Melissa | 3-11 Years Old |
| Thursday | 6:00 PM | 30 | Obstacle Course/ Sport Challenge | Donna | 7-11 Years Old |
| Saturday | 9:45 AM | 30 | PDYS (Put Down Your Screen) | Charcie & Holly | 3-6 Years Old |
| | 10:30 AM | 30 | | | 7-11 Years Old |

| Key | |
|-----|---------------------------|
| | New class or time change. |

Visit FitNationGurnee.com for facility and KidNation holiday hours.

Please Note:
Drop-in schedule and instructors are subject to change without notice. Please let the childcare staff know upon arrival if you don't want your child to participate.