

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.