

KIDS PROGRAMMING



Days/times subject to change. Call 282-1506 or visit riverplex.org for details.

FitKidz/PT Fit - Ages 5-12 • M/W: 4:15 - 5:15pm • Upstairs by track

Use games and activities to teach children the importance of exercise.

Kids Climb - Ages 7-13 • Tu/Th: 4:30 - 5:30 pm • Rock Wall

Learn the basics of climbing etiquette, technique, knot tying and more.

Kids Boot Camp - Ages 8-13 • Tu/Th: 5:30 - 6:00 & 6:00 - 6:30 pm • Cardio Room

Fun and friends while focusing on fitness together.

Fitness Floor Certification - Ages 10-13 pm • Cardio Room • TBD

Learn the basics of gym etiquette and an intro to the equipment. One-year certification to use fitness floor equipment when a parent/guardian is present. Registration is REQUIRED.

Study Table - Ages 5-12 • Monday - Thursday: 8:30 - 1:30 pm & 3:45 - 8:00 pm • Friday: 8:30 am - 1:30 pm & 3:45 - 6pm • Saturday: 7 am - 1 pm

Quiet area inside the Kidz Korner designated for homework.

Supervised play area in Kidz Korner: ages 6 weeks-12 years, call for reservations if younger than 17 months.

