

LSU Health Fitness

KIDS FITNESS SCHEDULE

WEDNESDAYS

TIME	CLASS	STUDIO	AGES	INSTRUCTOR
2:00PM-2:30PM	Kids Functional Fitness	GF ROOM	5 - 10	Melissa
2:45PM-3:15PM	Adolescent Functional Fitness	GF ROOM	11-17	Melissa

FRIDAYS

TIME	CLASS	STUDIO	AGES	INSTRUCTOR
2:00PM-2:30PM	Kids Functional Fitness	GF ROOM	5 - 10	Melissa
2:45PM-3:15PM	Adolescent Functional Fitness	GF ROOM	11-17	Melissa

SATURDAYS

TIME	CLASS	STUDIO	AGES	INSTRUCTOR
11:00AM-11:30AM	KIDS ZUMBA	GF ROOM	10 & UNDER	RUKEISHA

SUNDAYS

TIME	CLASS	STUDIO	AGES	INSTRUCTOR
3:00PM-3:45PM	YOGA GROW KID	YOGA ROOM	5-10	BELLA
4:00PM-4:30PM	YOGI & ME	YOGA ROOM	UNDER 4 Accompanied by parent	BELLA



Kids Fitness Class Descriptions

Kids Functional Fitness

(5-10 years of age) incorporates enjoyable daily, physical tasks without becoming fatigued. Sessions will focus on general strength and conditioning in a fun and encouraging environment. Strength, endurance, balance, coordination and flexibility all are improved through functional exercise, which can make every day activities easier and reduce the risk of injury. Daily movements that appear in our young ones' lives include: squatting, running, jumping, and picking things up. When we teach our children at a young age how to properly perform these activities, they grow up living a much healthier life and appreciate their bodies more!

Adolescents Functional Fitness

(11-17 years of age) sessions will focus on strength, endurance, balance, coordination, and flexibility to improve practical, daily tasks in a fun and encouraging environment. Our kinesiologist specialist will target on overall strength and conditioning at a pace that is right for each individual. Functional movements include: squatting, running, jumping, and pushing-pulling objects. When we teach our uprising adults how to properly perform these activities, they grow up living a healthier, injury-free life.

Kids Zumba

Kids get the chance to socialize with friends and jam out to their favorite music. Zumba® Kids classes are rockin', high-energy dance parties packed with kid-friendly routines and added games, activities and cultural exploration elements into the class structure. ... Helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives.

YOGA GROW KID

Yoga Grow is a fun, creative, blissful yoga class that introduces classic yoga, meditation, breath work, and stress-management in a kid-friendly style with original music, games, and imaginative stories. We have mats! Suggested age range: 5-10

YOGI & ME

Yogi & Me class is specifically designed for children 4 and under, accompanied with moms, dads, grands, and/or caregivers. We dance, march, jog, shake, and skip all while practicing traditional Yoga poses. Our method focuses on introducing the Littlest Yogis to their great big powers: mindfulness, strength, kindness, patience, impulse control and so much more!