



CHILDREN'S SPECIALTY CLASS SCHEDULE Nov 2010 - Feb 2011

SIGN-UP FOR THESE CLASSES AT THE FRONT DESK TO RESERVE YOUR SPOT TODAY!

PAYMENT SHOULD BE MADE THE DAY OF THE FIRST CLASS.

PLEASE CONTACT 781-942-0099 WITH ANY QUESTIONS

www.readingathleticclub.com

TEEN BOOTCAMP- TRIAL RUN

Everyone: \$10/class or \$16 for both

Instructors: Stefanie Sweeney & Lori Haverty

Thursday, 11/11/10 & Friday, 11/19/10, 11:00 - 12:00p.m.

Try out this class NOW and give us your feedback. If you like it we'll add it to our calendar.

Don't forget to sign-up for the April Teen Semi/Prom Boot Camp Package!

KIDZSPIN- TRIAL RUN

Everyone: \$10/class or \$35 All Five

Instructor: Jodi Simpson

Monday thru Friday, 12/27/10 - 12/31/10, 10:00 - 11:00a.m.

If your child enjoys riding bike, they will LOVE this class! Kids will have a great time spinning to the newest sounds in pop music.

TEENSPIN

Member: \$64 Non-Member: \$84

Instructor: Nancy Boudreau

8 Classes- Thursday's, 1/13/11 - 3/3/11, 4:45 - 5:45p.m.

When it comes to exercise, teenagers are different. They like different music, different styles, and a different atmosphere in class. We understand how important it is for young people to work out and we can't think of a better class for an all over body workout that suits any age better than Spinning.

KIDFIT

Member: \$64 Non-Member: \$84

Instructor: Miss. Christina Bell

8 Classes- Monday's, 1/17/11 - 3/7/11, 3:45 - 4:25p.m.

KidFit is one of our most popular Children's Specialty classes. It's all about fun and fitness. Ger your child moving this winter!!! Classes will include running games, dodge ball, parachute play, obstacle courses and much more.

ZUMBATOMIC!

Member: \$64 Non-Member: \$84

Instructor: Joie Edson

8 Classes- Tuesdays, 11/9/10 - 12/28/10

Fun and healthy dance instruction to Latin and Hip-Hop music, active games, PLUS choreographed routines. At the end of the session, the Zumba Starz will perform the routines they've learned to parents and friends.

TEEN SEMI/PROM BOOTCAMP

Call for more details

Instructor: Lori Haverty

Monday thru Friday, 4/18/11 - 4/22/11, Call for more details

Shape up to fit into your semi-formal or prom dress ladies and look your best! Sign up **by March 15th** to receive **1 Month Free Tanning** and many other local area discounts to help you look your best for your special night out!

FUNFIT DROP-OFF

Members: \$5/ea. Non-Member: \$7/ea.

Monday thru Friday, 2/21 - 2/25 (February Vacation) & 4/18 - 4/22 (Spring Break)

Drop the kids off and grab a work-out, steam, sauna or run some errands! Classes will include running games, dodge ball, parachute play, obstacle courses and much more.

**KEEP YOUR CHILDREN ACTIVE
OVER THE WINTER MONTHS.
LET READING ATHLETIC CLUB HELP!**

