

# **Onelife Fitness Brambleton Kids Club: NOVEMBER 2019**

**Kids Club Director: Ruth Barkan** [**rbarkan@spo****rtan****dhealth.com**](mailto:rbarkan@sportandhealth.com)

**Kid****s Club Supervisor: Shaunna Sears** [**ssears@s****portandhealth.com**](mailto:Ssears@sportandhealth.com)

**HOURS OF OPERATION**:

**• Monday** 8:30am-8:00pm **• Tuesday-Friday** 8:30am-2:30pm & 5pm-8pm

**• Saturday** 8:00am-2:00pm **• Sunday** 8:30am-2:00pm

**UPCOMING EVENT:**

Friends & Fitness Themed Parent’s Night Out Date / 5:30pm-9:30pm

Registration forms available at the Kids Club

For more information, contact Ruth Barkan at rbarkan@onelifefitness.com

**ONELIFE FITNESS BRAMBLETON**

**Kids Programs!**

|  |  |  |
| --- | --- | --- |
| **Program** | **Age** | **Date/Time** |
| Zumbatomic® | 3-8 | Tuesdays – 12:00pm-12:30pm |
| Junior Spin | 10-15 | Thursdays – 4:00pm-4:30pm |
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|  |  |  |
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## NEW PROGRAMS COMING TO ONELIFE FITNESS BRAMBLETON!

Insert programs

**­SWIM SCHOOL!**

Did you know your Onelife Fitness has a structured Swim School program?

Talk to your Aquatics Director or visit sportandhealth.com/programs to register online!



|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| 1  ***HAPPY NEW YEAR!*** | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16  OPEN HOUSE | 17  OPEN HOUSE | 18 | 19 | 20 | 21 |
| 22 | 23  *MARTIN LUTHUR KING JR. DAY* | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 |  |  |  |  |  |
|  |  |  |  |  |  |  |

Winter Birthdays are fun!

Let Onelife Fitness make it amazing! Many options available!

For more information or to book your party, contact Kids Club Director, Ruth Barkan, at rbarkan@onelifefitness.com!