



winter/spring '08 class schedule: january 7- may 31, 2008

Updated on 4/13/08

imagym jr | 6 months to 5 years old

Class	Age	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Combo 1,2 &3	6 - 12 mos		12:15				
Stage 3	12 - 18 mos	9:45	12:15	10:30			
Stage 4	18 - 30 mos		10:30	10:30			
Combo 3 & 4	12 mos - 2 1/2 yrs					10:30	
Stage 5	2 1/2 - 3 1/2 yrs	10:30		10:30	11:30		
Stage 3, 4, & 5	12 mos - 3 1/2 yrs						9:45
Stage 6	3 1/2 - 5 yrs		4:30		10:45	12:15	
Stage 6 Gymnastics	3 1/2 - 5 yrs	11:30		3:30	2:30		10:30
Stage 6 Sports Skills	3 1/2 - 5 yrs	2:45		11:30		3:15	
Stage 6 Fit Play Cardio Blast	3 1/2 - 5 yrs	4:30	2:30			2:30	
Stage 6 Yoga Balance	3 1/2 - 5 yrs			2:45		11:30	
Stage 6 Self Defense (P)	3 1/2 - 5 yrs		3:45				
Stage 6 Tap/Ballet Dance (P)	3 1/2 - 5 yrs				3:30		
Stage 1-6 Sibling Fit-Play NEW	6 mo - 6 yrs			5:30			
Drop 'N Shop	3 - 12 yrs		1:00 - 2:30		1:00 - 2:30	1:00 - 2:30	
Kids' Night Out	3 - 12 yrs					6 - 9:00pm*	

imagym | 6 to 12 years

Class	Age	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Stage 7 & 8 Sports Skills	6 - 12 yrs			4:30			
Stage 7 & 8 Resistance	6 - 12 yrs	5:15			4:15		11:30
Stage 7 & 8 Gymnastics	6 - 12 yrs					4:30	
Stage 7 & 8 Fit Play Cardio Blast	6 - 12 yrs		5:30		5:15		
Stage 7 & 8 Yoga Balance	6 - 12 yrs		5:30			5:30	
Stage 7 & 8 Cardio Circuit	6 - 12 yrs	4:30					
Stage 7 & 8 Hip hop	6 - 12 yrs				4:30		
Stage 7 & 8 Self Defense (P)	6 - 12 yrs		4:30				
Drop 'N Shop	3 - 12 yrs		1:00 - 2:30		1:00 - 2:30	1:00 - 2:30	
Kids' Night Out	3 - 12 yrs					6 - 9:00pm*	

* Kids Night Out occurs every 1st and 3rd Friday of the month.

new class for siblings

Bring your kids to our new **Sibling Fit-Play** class and have them enjoy a fun class together. With activities tailored to their age and developmental stage, kids participate in activities that build physical, emotional and social-skills.

summer camp

Have you enrolled your kids in our summer camp yet? Our camps offer fun active play, gymnastics, sport skills, yoga, crafts, nutrition education and cooking classes at the Young Chefs Academy. Daily or weekly sessions available from June 2 to August 15. Monday – Friday 9 a.m.- 1 p.m. One-day, only \$50 and 5-day session only \$230 (Members) and \$250 (Non-Members) per week. Extended care available. **Don't wait. Space is limited.**

personal training

We make it personal. We make it fun. Our **personal training** program for kids up to 15 years old focused on agility, strength, balance, coordination, and self-confidence, all in a fun environment with trainers who are big kids themselves! 6 and 12 session packages are available. Ask us for details.

location

227 sandy spring place,
suite 356
sandy springs, ga 30328

hours

mon - fri 9:00 - 6:00 pm
sat 9:00 - 5:00 pm
sun parties only

information

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