





# Kids In Motion ~6-12yrs~ September 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>DON'T WANT TO SAY GOODBYE TO SUMMER JUST YET? NFC HAS SWIM LESSONS YEAR ROUND AND WE ALSO HAVE A SWIM TEAM! FOR MORE INFORMATION PLEASE INQUIRE AT FRONT DESK!</i></p>			<p>1 9:15 Yoga - Lori</p>	<p>2 9:15 Morning Wake Up! 5:30 Karate (7-12) 6:15 Advanced Karate (7-12)</p>	<p>3 9:15 Bolt - Lori</p>	<p>4 10:15 Ball Sports - Christine</p>
<p>5</p> 	<p>6 <b>NO CLASSES</b> <b>CHILDCARE HOURS</b> <b>8AM - 12PM</b> <b>NO PM!!</b></p>	<p>7 9:15 Morning Wake Up! 6:15 Karate (7-12)</p>	<p>8 9:15 Yoga - Lori</p>	<p>9 9:15 Morning Wake Up! 5:30 Karate (7-12) 6:15 Advanced Karate (7-12)</p>	<p>10 9:15 Bolt - Lori</p>	<p>11 10:15 Ball Sports - Christine</p>
<p>12</p> 	<p>13 9:15 Tumble I - Lori 6:00 - Retro P.E. - Lori 6:45 Hip-Hop- Brittany</p>	<p>14 9:15 Morning Wake Up! 6:15 Karate (7-12)</p>	<p>15 9:15 Yoga - Lori</p>	<p>16 9:15 Morning Wake Up! 5:30 Karate (7-12) 6:15 Advanced Karate (7-12)</p>	<p>17 9:15 Bolt - Lori</p>	<p>18 10:15 Ball Sports - Christine</p>
<p>19</p> 	<p>20 9:15 Tumble I - Lori 6:00 - Retro P.E. - Lori 6:45 Hip-Hop- Brittany</p>	<p>21 9:15 Morning Wake Up! 6:15 Karate (7-12)</p>	<p>22 9:15 Yoga - Lori</p>	<p>23 9:15 Morning Wake Up! 5:30 Karate (7-12) 6:15 Advanced Karate (7-12)</p>	<p>24 9:15 Bolt - Lori</p>	<p>25 10:15 Ball Sports - Christine</p>
<p>26</p> 	<p>27 9:15 Tumble I - Lori 6:00 - Retro P.E. - Lori 6:45 Hip-Hop- Brittany</p>	<p>28 9:15 Morning Wake Up! 6:15 Karate (7-12)</p>	<p>29 9:15 Yoga - Lori</p>	<p>30 9:15 Morning Wake Up! 5:30 Karate (7-12) 6:15 Advanced Karate (7-12)</p>	<p><b>National Fitness Center</b> <b>750 Briarcliff Ave Oak Ridge, TN</b> <b>37830</b> <b>Contact: Lori Trabalka 483-6868</b> <b>lorit@nfc1.com</b></p>	