

**TENNIS CLASSES:** INDOOR Tennis instruction will be starting in November! Youth and adults welcome! This 8-class session will mostly be held on Friday nights at Apple Valley Elementary. For more information, look online!

**KRAFTY KIDS:** This six-week session is now available for registration for \$30! Classes will start the week of 11/12! Kids ages 7-12 can participate in weekly classes with various types of arts and crafts! Watch the registration page for more information on the crafts, days and times!

**GROUP FITNESS CLASSES:** Class registration is all online! The cost is \$2.50 per class, pre-registration is *required*. No childcare is provided. **Monday:** Weights Toner – 6:15 am, Low Impact Cardio and Resistance – 7:45 am, Yoga – 7:30 pm; **Tuesday:** Tabata HIIT – 5:30 am, ZUMBA Strength- 9:15 am; **Wednesday:** Weights Toner – 6:15 am, Low Impact Cardio and Resistance – 7:30 am, Yoga - 9:30 am, YogiLift – 7:15 pm; **Thursday:** Tabata HIIT – 5:30 am, ZUMBA – 9:15 am; **Friday:** Weights Toner – 6:15 am, STRONG by Zumba – 9:15 am.

**UTAH VALLEY MARTIAL ARTS, VANGUARD KRAV MAGA®, STUNTS FOR BEGINNERS:** These monthly classes are eligible for FREE TRIAL classes! Contact Master Erik or Miss Chantelle at 801-609-1280 or go online for more information and to register!

