

Keep Active ~ Stay Healthy

Please note: Once registered for a class, you are responsible for the full session fees. There is no refund or withdrawal at any time during the 9 week session. In case of injury, a credit may be applied to your account at TNT. All class fee amounts listed next to each class reflect the full 9 weeks of the session, unless otherwise noted. There is an annual registration fee of \$25 per child or \$40 per family. If a student joins after the session has started, fees are pro-rated after week 3. **If more than one child per family enrolls a 10% discount will be given to the 2nd, 3rd, etc child.**

Class Description	Class Number	Class Time	9 Week Tuition	
Parent/Tot (45 min. ages 1½ - 3) This is an interactive Parent and Tot class; it provides a positive early physical education experience in which we praise the effort of the child. Our parent tot class provides learning opportunities through movement for children while educating the parent on developmentally and age appropriate activities. ex: Listening skills, taking turns, balance and coordination	C100	5:00-5:45 PM Monday	\$65.00*	
	C101	6:00-6:45 PM Monday	\$65.00*	
	C102	9:30-10:15 AM Tuesday	\$70.00 CLOSED	
	C103	5:00-5:45 PM Tuesday	\$70.00	
	C104	6:00-6:45 PM Tuesday	\$70.00 CLOSED	
	C105	5:00-5:45 PM Wednesday	\$70.00	
	C106	10:00-10:45 AM Thursday	\$70.00 CLOSED	
	C107	5:30-6:15 PM Thursday	\$70.00	
	C108	9:00-9:45 AM Friday	\$70.00 CLOSED	
	C109	6:00-6:45 PM Friday	\$70.00 CLOSED	
	C110	11:00-11:45 AM Saturday	\$70.00	
Lil' Sparks (45 min. ages 3+) Lil' Sparks is designed for both girls and boys who are ready to participate without a parent. Basic tumbling progressions are taught along with apparatus activities based on each child's readiness. Students will also be challenged in a series of obstacle courses to help build strength and flexibility. In this program, children will put their listening skills to good use.	C111	9:00-9:45 AM Monday	\$68.00* CLOSED	
	C112	4:00-4:45 PM Monday	\$68.00* CLOSED	
	C113	6:30-7:15 PM Monday	\$68.00* CLOSED	
	C114	11:00-11:45 AM Tuesday	\$73.00 CLOSED	
	C115	5:00-5:45 PM Tuesday	\$73.00 CLOSED	
	C116	5:00-5:45 PM Wednesday	\$73.00	
	C117	6:00-6:45 PM Wednesday	\$73.00	
	C118	4:30-5:15 PM Thursday	\$73.00 CLOSED	
	C119	6:00-6:45 PM Thursday	\$73.00 CLOSED	
	C120	4:00-4:45 PM Friday	\$73.00 CLOSED	
		C121	9:00-9:45 AM Saturday	\$73.00
	Lightning Bolts (50 min. ages 4+) Lightning Bolts is designed for both girls and boys that incorporate basic body positions, fundamental motor skills and gymnastics terminology through creative movement. Basic introduction on bars, beam, vault, tumbling and trampoline.	C122	10:00-10:50 AM Monday	\$72.00* CLOSED
C123		4:30-5:20 PM Monday	\$72.00* CLOSED	
C124		5:30-6:20 PM Monday	\$72.00* CLOSED	
C125		1:00-2:50 PM Tuesday	\$77.00 CLOSED	
C126		4:30-5:20 PM Tuesday	\$77.00 CLOSED	
C127		6:00-6:50 PM Tuesday	\$77.00 CLOSED	
C128		2:30-3:20 PM Wednesday	\$77.00 CLOSED	
C129		4:30-5:20 PM Wednesday	\$77.00 CLOSED	
C130		5:30-6:20 PM Wednesday	\$77.00	
C131		4:00-4:50 PM Thursday	\$77.00 CLOSED	
C132		6:30-7:20 PM Thursday	\$77.00 CLOSED	
C133		4:00-4:50 PM Friday	\$77.00 CLOSED	
		C134	9:00-9:50 AM Saturday	\$77.00
Red Stars (55 min. beginner age 5+) Red Stars is designed for introductions to basic positions, fundamental skills and terminology. Gymnasts will train forward and backward rotation on each event. ex: handstands, cartwheels, pullovers, jumps/leaps, and much more!		C135	3:30-4:25 PM Monday	\$72.00* CLOSED
	C136	4:00-4:55 PM Monday	\$72.00*	
	C137	5:00-5:55 PM Monday	\$72.00*	
	C138	6:30-6:25 PM Monday	\$72.00* CLOSED	
	C139	3:30-4:25 PM Tuesday	\$77.00	
	C140	5:30-6:25 PM Tuesday	\$77.00 CLOSED	
	C141	6:30-7:25 PM Tuesday	\$77.00	
	C142	3:30-4:25 PM Wednesday	\$77.00 CLOSED	
	C143	4:30-5:25 PM Wednesday	\$77.00	
	C144	6:30-7:25 PM Wednesday	\$77.00 CLOSED	

Red Stars (55 min. beginner age 5+)	C145	4:00-4:55 PM Thursday	\$77.00	CLOSED
	C146	5:00-5:55 PM Thursday	\$77.00	
	C147	7:00-7:55 PM Thursday	\$77.00	
	C148	3:30-4:25 PM Friday	\$77.00	CLOSED
	C149	5:00-5:55 PM Friday	\$77.00	
	C150	10:00-10:55 AM Saturday	\$77.00	CLOSED

White Stars (60 min. advanced beg. age 5+) White Stars is progression based on fundamental skills with emphasis on strength, flexibility and technique. This class is for students who have passed the Red Stars or have been evaluated into this level. Students begin to work more advanced skills and progressions in tumbling and on select equipment. ex: round-offs, front and back walkovers, glides	C151	3:30-4:30 PM Monday	\$72.00*	CLOSED
	C152	6:00-7:00 PM Monday	\$72.00*	CLOSED
	C153	3:30-4:30 PM Tuesday	\$77.00	CLOSED
	C154	4:30-5:30 PM Tuesday	\$77.00	
	C155	7:00-8:00 PM Tuesday	\$77.00	
	C156	3:30-4:30 PM Wednesday	\$77.00	CLOSED
	C157	5:30-6:30 PM Wednesday	\$77.00	CLOSED
	C158	7:00-8:00 PM Wednesday	\$77.00	CLOSED
	C159	3:30-4:30 PM Thursday	\$77.00	CLOSED
	C160	4:30-5:30 PM Thursday	\$77.00	CLOSED
	C161	6:00-7:00 PM Thursday	\$77.00	CLOSED
	C162	3:30-4:30 PM Friday	\$77.00	CLOSED
	C163	5:00-6:00 PM Friday	\$77.00	CLOSED
	C164	10:00-10:55 AM Saturday	\$77.00	CLOSED

Blue Stars (60 min. intermediate age 6+) Blue Stars is for advanced progressions based on fundamental skills, with emphasis on strength, flexibility and technique. A faster pace for students who are ready to learn multi-skill tumbling passes and more difficult combinations on all apparatus. This class is for students who have passed White Stars or have been evaluated to this level. EX. Front and Back tucks, round-off back handspring, kips	C165	6:00-7:00 PM Monday	\$72.00*	CLOSED
	C166	7:00-8:00 PM Monday	\$72.00*	CLOSED
	C167	5:00-6:00 PM Tuesday	\$77.00	
	C168	7:30-8:30 PM Tuesday	\$77.00	CLOSED
	C169	7:00-8:00 PM Wednesday	\$77.00	CLOSED
	C170	6:00-7:00 PM Thursday	\$77.00	CLOSED
	C171	7:00-8:00 PM Thursday	\$77.00	CLOSED
	C172	4:30-5:30 PM Friday	\$77.00	CLOSED
	C173	11:00-12:00 AM Saturday	\$77.00	CLOSED

Gold Stars (75 min. Advanced/Prep-Opt age 8+) Gold Stars is the most advanced level in our recreational program. Students in this class will work on more difficult skills and elements, and work on combining them together into individualized routines. Athletes will also have the option to participate in TNT's Prep-Opt Competitive Team, a low commitment option for those who wish to travel and display their accomplishments in a competitive atmosphere without all of the obligations associated with the other competitive levels. A great opportunity for High School students at this level.	C174	7:15-8:30 PM Monday	\$85.00*	CLOSED
	C175	6:15-7:30 PM Tuesday	\$90.00	CLOSED
	C176	4:45-6:00 PM Wednesday	\$90.00	CLOSED
	C177	7:15-8:30 PM Thursday	\$90.00	CLOSED
	C178	5:45-7:00 PM Friday	\$90.00	CLOSED

Tumble and Trampoline I (60min. age 6+) This class is designed for introduction to fundamental skills on floor, trampoline and tumble track.	C179	5:30-6:30 PM Monday	\$72.00*	
	C180	7:30-8:30 PM Thursday	\$77.00	CLOSED

Tumble and Trampoline II (60min. age 6+) This class is designed for advanced progression skills on floor, trampoline and tumble track.	C181	6:00-7:00 PM Wednesday	\$77.00	CLOSED
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- *These classes are great for dancers, cheerleaders, snowboarders, wake boarders, skateboarders... anyone who wants to flip!*

Dynamites (Boys 50 min. ages 3-4) Dynamites will learn basic body positions, fundamental motor skills through age appropriate activities on pommel horse, parallel bars, still rings and floor. Ex: Rolls, supports, handstands	C187	4:30-5:20 PM Monday	\$68.00*	
	C188	6:30-7:20 PM Wednesday	\$73.00	CLOSED
	C189	5:00-5:50 PM Thursday	\$73.00	CLOSED
	C190	11:00-10:50 AM Saturday	\$73.00	

Blasters I (Boys 60 min. ages 5+) Blasters I is designed for introductions to basic positions, fundamental skills and terminology. Gymnasts will train forward and backward rotation on pommel horse, parallel bars, still rings, high bar and floor. Ex: Handstands, swings, pullovers	C191	5:30-6:30 PM Tuesday	\$77.00	CLOSED
	C192	6:30-7:30 PM Thursday	\$77.00	

Blasters II (Boys 60 min. ages 6+) Blasters II is progressions based on fundamental skills, with emphasis on strength, flexibility and technique. Gymnasts will train forward and backward rotation on vault, pommel horse, parallel bars, still rings and floor. Ex: Cartwheels, round-offs, handstands, swings, back hip circles	C194	6:30-7:30 PM Tuesday	\$77.00	CLOSED
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TNT Kid's Fitness & Special Needs Classes:

Class Description	Class Number	Class Time	9 Week Tuition	
Kid's Fitness (Ages 6+) TNT uses our gymnastics, cardio and speed/agility equipment to raise heart rate, burn calories, and have fun. Kids get fit, strong and flexible. Choose any 2 days a week for \$90.	C1601	4:00-5:00 PM Monday	\$68.00*	
	C1602	5:00-6:00 PM Monday	\$68.00*	CLOSED
	C1603	6:00-7:00 PM Monday	\$68.00*	
	C1604	4:00-5:00 PM Tuesday	\$72.00	CLOSED
	C1668	5:00-6:00 PM Tuesday	\$72.00	CLOSED
	C1606	6:00-7:00 PM Tuesday- Ages 9+	\$72.00	
	C1607	4:00-5:00 PM Wednesday	\$72.00	CLOSED
	C1608	5:00-6:00 PM Wednesday	\$72.00	CLOSED
	C1609	6:00-7:00 PM Wednesday	\$72.00	CLOSED
	C1610	4:00-5:00 PM Thursday	\$72.00	CLOSED
	C1611	5:00-6:00 PM Thursday	\$72.00	
	C1612	6:00-7:00 PM Thursday- Ages 9+	\$72.00	CLOSED

School's Out Day Camps (Ages 6+) :
\$37.00/10% discount per additional child per day

October 21	C1546
October 22	C1547
October 25	C1548
October 26	C1549

Special Needs Program (Ages 18 months+):

1:1 Session Designed to meet the physical, cognitive, social, and sensory needs of your child. Utilizing gymnastics skills and equipment, we work to improve	C1613	9:00-10:00 AM Monday	\$160.00*
	C1614	10:00-11:00 AM Monday	\$160.00*

C1615	11:00-12:00 AM Monday	\$160.00*	
C1616	2:00-3:00 PM Monday	\$160.00*	
C1617	3:00-4:00 PM Monday	\$160.00*	CLOSED
C1618	4:00-5:00 PM Monday	\$160.00*	CLOSED
C1619	9:00-10:00 AM Tuesday	\$180.00	
C1620	10:00-11:00 AM Tuesday	\$180.00	
C1621	11:00-12:00 AM Tuesday	\$180.00	
C1622	2:00-3:00 PM Tuesday	\$180.00	
C1623	3:00-4:00 PM Tuesday	\$180.00	CLOSED
C1624	4:00-5:00 PM Tuesday	\$180.00	CLOSED
C1625	9:00-10:00 AM Wednesday	\$180.00	
C1626	10:00-11:00 AM Wednesday	\$180.00	
C1627	11:00-12:00 AM Wednesday	\$180.00	
C1628	2:00-3:00 PM Wednesday	\$180.00	CLOSED
C1629	3:00-4:00 PM Wednesday	\$180.00	
C1630	4:00-5:00 PM Wednesday	\$180.00	CLOSED
C1631	9:00-10:00 AM Thursday	\$180.00	
C1632	10:00-11:00 AM Thursday	\$180.00	
C1633	11:00-12:00 AM Thursday	\$180.00	
C1634	2:00-3:00 PM Thursday	\$180.00	
C1635	3:00-4:00 PM Thursday	\$180.00	
C1636	4:00-5:00 PM Thursday	\$180.00	
C1637	9:00-10:00 AM Friday	\$180.00	CLOSED
C1638	10:00-11:00 AM Friday	\$180.00	
C1639	11:00-12:00 AM Friday	\$180.00	CLOSED
C1640	2:00-3:00 PM Friday	\$180.00	
C1641	3:00-4:00 PM Friday	\$180.00	
C1642	4:00-5:00 PM Friday	\$180.00	

Small Group Sessions

TNT is offering small group sessions for children of similar abilities. We created this group by request and interest of parents. A minimum of 4 children per group will be needed to hold the class. The class meets one time per week for 9 weeks. Cost will be \$72 per child. A requirement of the class is an active helper be present to help facilitate activities.

Please contact Nate Hendrickson @ (701) 365-8868 or nate@tntkidsfitness.com for further information, times available and scheduling.

HOW TO REGISTER:

1. Complete the registration form.
2. Fax your registration form to 701-365-8870 then call 701-365-8868 with your credit/debit card number to pay or mail to: TNT Kid's Fitness 2800 Main Ave, Fargo, ND 58103
3. Wear something comfortable (leotard or T-shirt and shorts, NO shoes, NO gum, hair in ponytail and NO jewelry for the safety of the gymnasts). Show up for your first class ready to learn, work & have FUN!