

Community Events:

KIDS NIGHT OUT

Drop the kiddos off from 6-10pm for a night of fun and food to take advantage of the free adult time. Ages: Potty trained to 10 years old.
\$15 for the first child
\$10 for each additional child
Please register by the previous Wednesday.

February Terrible Day

Movie: Terrible, Horrible, No Good Very Bad Day

February 23rd Theme: Teeth

Movie: The Tooth Fairy

CHILD WATCH:

Child watch is only offered during fitness classes. Please call or email 48 hours in advance to sign your child up, so we can have staff available. 720.870.2221
southshore@denverymca.org

CUB CLUB

Cub Club is the third Thursday of each month and is offered to kids ages 3-10. Register at the event or at the Southlands Management Office.



February 2018

Southshore
27151 East Lakeview Drive
Aurora, CO 80016
720-870-2221

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
				1 Strength Conditioning &Core 10:15am-11:15am	2	3 Nia Class is on hold until further notice due to teacher Injury
4	5 Yoga 9:30- 10:30am Yogalates 11:00 am -12:00 pm	6 Strength Conditioning &Core 10:15am-11:15am Cardio Sculpt 6-7pm Yoga 6-7pm	7 Yogalates 11:00 am -12:00 pm	8 Strength Conditioning &Core 10:15am-11:15am	9 *Kids Night Out 6-10pm at the Lakehouse	10 Nia Class is on hold until further notice due to teacher Injury
11	12 Yoga 9:30- 10:30am Yogalates 11:00 am -12:00 pm	13 Strength Conditioning &Core 10:15am-11:15am Cardio Sculpt 6-7pm Yoga 6-7pm	14 Yogalates 11:00 am -12:00 pm	15 Strength Conditioning &Core 10:15am-11:15am CUB CLUB 4-5pm	16	17 Nia Class is on hold until further notice due to teacher injury
18	19 Yoga 9:30- 10:30am Yogalates 11:00 am -12:00 pm	20 Strength Conditioning &Core 10:15am-11:15am Cardio Sculpt 6-7pm Yoga 6-7pm	21 Yogalates 11:00 am -12:00 pm	22 Strength Conditioning &Core 10:15am-11:15am	23 *Kids Night Out 6-10pm at the Lakehouse	24 Nia Class is on hold until further notice due to teacher injury
25	26 Yoga 9:30- 10:30am Yogalates 11:00 am -12:00 pm	27 Strength Conditioning &Core 10:15am-11:15am Cardio Sculpt 6-7pm Yoga 6-7pm	28 Yogalates 11:00 am -12:00 pm			

* indicates pre registration required