

Fall '25 Class Descriptions – Toddler/Youth/Teen



Toddler Time: Active Fun for Little Ones!

in a fun, safe, and engaging environment! Our foam-padded carpet, heated floors, and specially designed toddler-friendly obstacle course are reconfigured just for them. With spacious, high ceilings and a welcoming atmosphere, we help foster a love of movement from an early age. For children 5 years and under only.

Munchkour Movement: Big Fun for Little Movers!

Little movers will jump, climb, and explore in our spacious 50-foot-tall facility designed for big fun and active play. With help from our experienced coach, toddlers will build coordination, balance, and confidence as they crawl through mini obstacles, swing on low bars, and scale pint-sized climbing walls. This playful introduction to movement fosters the love of physical activity while laying the foundation for strength, flexibility, and lifelong confidence — all in a safe, supportive environment.

Parent & Tot Aerial: Fly High, Together!

This playful aerial class invites parents and toddlers to move, stretch, and swing together using soft, supportive hammocks. Designed to build motor skills, balance, and coordination, the class blends gentle movement with fun, calming activities. You'll bond through creative, safe exploration—enjoying gentle inversions, shared relaxation, and lots of smiles. It's a joyful intro to aerial arts that keeps both parent and child active, connected, and confident in the air. Key benefits include bonding time, motor skill development, a safe entry into aerial arts, and an engaging environment that nurtures movement and connection. Ideal for parents (or caregivers) with toddlers looking to experience the joy of aerial arts together in a nurturing, creative space!

After-School Program

Our After-School Program offers a fun, active, and enriching experience in our spacious 50-foot-tall facility. Each day features a blend of supervised Open Gym time and a themed focus designed to inspire creativity, movement, and personal growth. Kids will build strength, coordination, and confidence while engaging in hands-on learning and social play.

Daily Themes:

- Monday – STEM & Games: Explore science and strategy through physical games, creative challenges, and classic board games.
- Tuesday – Drama & Stunts: Express yourself through improv, storytelling, and safe stunt work that builds confidence and stage presence.
- Wednesday – Art & Culture: Get creative with hands-on art projects and explore diverse cultures through crafts, traditional games, and global toys.
- Thursday – Acrobatics: Learn rolls, balances, tumbling, and basic acro skills in a playful and supportive environment.
- Friday – Sports: Enjoy organized games and sports activities that promote teamwork, skill-building, and active fun.

Whether your child loves to move, create, or explore, this program offers a well-rounded mix of physical activity and enrichment — all in a space designed for play, learning, and connection.

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All Age Open Gym: Your Playground for Strength, Skill, and Fun!

Our Open Gym sessions provide a great opportunity to burn off energy, play freely, explore new skills, and practice and master existing ones. Under the guidance of our experienced coach, participants can enjoy our 50-foot-tall facility, which features a Ninja Warrior course, an adjustable bar system, three warped walls with a run-up wall, a spider climb, a professional-grade trampoline, an aerial hammock, and bouldering walls. Children ages 4 and under must be accompanied by an adult.

Youth Parkour: Master the movement, own the obstacle!

Kids will master parkour skills with the guidance of our experienced coach in a spacious 50-foot-tall facility. They'll navigate a Ninja Warrior course, adjustable bar system, three warped walls with a run-up wall, spider-climb, professional-grade trampoline, and bouldering walls. This dynamic environment is perfect for building strength, flexibility, and coordination. Qualifying participants may be invited to join our parkour team and compete in competitions.

Youth Aerial: Soar with Strength and Grace!

Unlock the captivating art of aerial hammocks/silks in our Youth Aerial class, guided by our expert coach. Kids will build strength, flexibility, and coordination as they explore various aerial techniques. Our spacious, high-ceiling environment provides a dynamic and exciting space for all skill levels to learn and grow.

Youth Ninja Warrior: Unleash Your Inner Ninja!

Kids will build strength, agility, and confidence as they tackle thrilling Ninja Warrior challenges in our state-of-the-art 50-foot-tall facility. With expert coaching, they'll train on an adjustable bar system, multiple warped walls, a spider climb, professional-grade trampoline, bouldering walls, and a customizable Ninja Warrior course. This action-packed class promotes coordination, focus, and perseverance in a fun, supportive environment. Standout athletes may be invited to join our competitive parkour team.

Circus Ninjas: Strength, Skill, and Showmanship for Aspiring Performers!

Led by Coach Angelina, Circus Ninjas build strength, flexibility, and coordination while learning aerial, acrobatics, juggling, stilts, unicycle, and partner work. Each class blends skill-building with creativity and teamwork, preparing students for seasonal performances like the Autumn Equinox showcase. Key benefits include improved focus, confidence, and physical ability, plus opportunities for self-expression and public performance—all in a fun, supportive environment. Ideal for kids who love movement, creativity, and being part of an exciting troupe!

Parkour Team: Rise, Run, Represent!

Our Parkour Team is an invite-only program for dedicated athletes ready to push their limits and compete at the next level. Athletes may be invited or try out to earn a spot on the team. Training in our spacious, 50-foot-tall facility, team members will sharpen their Speed and Freestyle skills, develop their unique style, and build strength, coordination, and confidence. This is more than just a team—it's an opportunity to train with purpose, rise to new challenges, and represent LifeKour Academy with pride.

Fall '25 Class Descriptions - Adult/Teen



FUNDamental Fitness: Sled Hinge Squat Push Pull Club

Our FUNDamental Fitness class is a great intro to fitness for all levels, focused on building strength, mobility, and confidence. You'll learn proper technique through core movements like squats, lunges, push-ups, and planks—all aimed at improving everyday function and posture. This supportive, high-energy class blends bodyweight exercises, light weights, and mobility drills to help you move better and feel stronger. Whether you're new to fitness or looking to sharpen your form, FUNDamental Fitness offers a fun, welcoming space to build a strong foundation and love for movement.

Kickboxing: Power, Precision, and Endurance

Unleash your energy in this high-intensity kickboxing class that blends powerful strikes with full-body conditioning. You'll master techniques like jabs, crosses, roundhouses, and kicks while moving through fast-paced cardio drills and strength circuits. Designed to boost endurance, agility, and lean muscle, each session challenges your coordination and pushes your limits. With a strong focus on form, footwork, and technique, you'll improve both your cardiovascular fitness and total-body strength—all in a motivating, high-energy environment.

Kettlebell: Power Up with Dynamic Kettlebell Athletic Training!

Led by the first certified KAT instructor, this class fuses kettlebell juggling, dynamic movement, and reflex-based drills to build real-world strength, coordination, and control. Unlike standard workouts, KAT challenges your brain and body together for faster, more lasting results. You'll train with soft and hard kettlebells through flips, swings, and catches that sharpen motor skills, grip strength, and cardio capacity—all while keeping your mind fully engaged. Whether you're seeking explosive power or functional fitness, KAT offers a fun, challenging, and mentally stimulating way to move. Held in our padded, heated facility with a 50-foot ceiling—or outside on sand courts—this class helps you build strength, agility, and confidence through high-skill, high-reward movement.

Art of Motion: Mastering Freerunning and Creative Movement

Art of Motion goes beyond traditional fitness—it's about exploring the artistry of how you move. Designed for adults and teens (13+), this class blends Freerunning/Parkour with strength, flexibility, and mobility training in a fun, dynamic setting. Whether you're jumping, vaulting, or flowing through space, you'll build functional strength, agility, and confidence while breaking free from the typical gym routine. Perfect for anyone who loves creative movement and wants to challenge their body in new, expressive ways.

Fall '25 Class Descriptions - Adult/Teen



Teen/Adult Aerial: Defy Gravity, Build Strength!

Explore the captivating art of aerial hammocks and silks in a dynamic, high-ceiling environment designed to inspire and challenge. Open to ages 13 and up, this class welcomes all skill levels to build strength, flexibility, and coordination while mastering a variety of aerial techniques. With expert coaching and a supportive atmosphere, participants will experience personal growth, confidence, and achievement—perfect for teens and adults ready to elevate their movement journey.

Aerial Yoga: Find Your Balance and Inner Peace!

Yin Yang Yoga combines passive, restorative poses with dynamic sequences and standing postures, offering a balanced practice. Enhance your strength, balance, flexibility, and breathing while boosting your inner confidence and peace.

Reset Yoga: Restore Your Mind and Body!

Experience a harmonious balance with our Yin Yang Yoga class, combining energetic and restful elements for complete practice. Yin represents grounding, passive, and cooling energy, while Yang embodies dynamic, warming, and active energy. This 1-hour class will help you align your own Yin and Yang, bringing balance to both mind and body.