



# **YOUTH GROUP EXERCISE**

New ! All classes open to  
Children 6-15 years

<p><b>Youth Group Exercise</b>                  * no sign up necessary                  * 6-15 yrs. Parents welcome to join in</p>					
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>Saturday</b>
6:00pm Youth Cycle Randy	7:00pm Youth Zumba Tracey	6:00pm Youth Cycle Randy	7:00pm Youth Zumba Tracey	5:45pm Kids Water Fun Jeanne/ Kathy	12:00pm Kids Y- Box Missy

**Zumba®**- A dynamic and energetic cardio class combining dance with fitness, adding Latin flavor and international zest into the mix. No dance experience necessary. Ditch the workout and join the party!

**Kids Y-Box**- A fun workout using kicks and punches to keep you moving while sharpening your reactions.

**Water Fun** - Age appropriate fun and games in the water.

Don't forget about our Youth Wellness Classes! Youth Wellness is a 4 week course teaching youth from 11-14 years old how to properly use the cardio & strength equipment in the wellness center.

See front desk to register.

### Winter Session

**Wed., Jan. 13 - Feb. 3rd** 4:30- 6:00pm and 6:15pm - 7:45pm

**Thur., Jan. 14 - Feb. 4** 5:30pm - 7:00pm

**Wed., Feb. 17 - Mar. 10** 4:30- 6:00pm and 6:15pm - 7:45pm

**Thur., Feb. 18 - Mar. 11** 5:30pm - 7:00pm