



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

YOUTH GROUP EXERCISE

All classes open to
 Children 8 - 14 years

Youth Group Exercise * no sign up necessary * 8-14 yrs. Parents welcome to join in					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
6:00pm Youth Cycle Randy	6:45pm Youth Cardio Dance Gym 2 Kaitlyn	6:00pm Youth Cycle Randy	6:45pm Youth Cardio Dance Gym 2 Kaitlyn	5:30pm Kids Water Fun Jeanne/ Kathy	11:15am Youth Y- Box/ Hip-Hop Missy

Youth Y-Box/ Hip-Hop- A fun workout using kicks, punches, and hip-hop moves to keep you moving while sharpening your reactions.

Water Fun -Aerobic exercise using traditional games to build strength and agility.

Youth Cycling - A cardiovascular workout focusing mainly on the lower body.

Youth Dance - This class will allow you to learn new dances as you work your way to a healthy you. You will get moving and have a lot of fun doing it. The class will help to improve your balance, flexibility, and core with a little bit of a cardio twist.

Don't forget about our Youth Cardio & Wellness Classes! Youth Cardio is a 2 week course teaching youth from 11-12 years old how to properly use the cardio equipment in the wellness center. Youth Wellness is a 4 week course teaching youth from 13-14 years old how to properly use the cardio & strength equipment in the wellness center. See front desk to register.

Youth Cardio Class (1 hour)

Winter Session

Jan. 11-Jan 18 Wed. 5pm & 6pm

Jan 25-Feb. 1 Wed. 5pm & 6pm

Feb. 8-Feb. 15 Wed. 5pm & 6pm

Feb. 22-Feb. 29 Wed. 5pm & 6pm

Youth Wellness Center Training (90 minutes)

Winter Session

Jan. 10-Jan. 31 Tue. 5:30pm

Jan. 12-Feb. 2 Thur. 5:30pm

Feb. 7-Feb. 28 Tue. 5:30pm

Feb. 9-Mar. 1 Thur. 5:30pm