

July - Youth Schedule

MON	TUES	WED	THURS	FRI	SAT
<p>Youth Wellness Hours 9-10:30am FREE Ages 9 and Up</p> <p>Youth Yoga 11-11:30am Aerobic Room Ages: 5-17 Free for Members</p> <p>Youth Strength Training 5-6pm Wellness Center Ages: 9-17 Small Group pricing applies</p>	<p>Youth Tread N Shred 9:30-10:30am Indoor Track Ages: 7-17 Small Group pricing applies</p> <p>Youth Cycle 5:30-6pm Cycling Studio Must be 4'4" Small Group pricing applies</p>	<p>Youth MX4 9-9:30am Multi-Purpose Room Ages: 6-14 Small Group pricing applies</p> <p>Youth Cycle 9:30-10am Cycling Studio Must be 4'4" Small Group pricing applies</p> <p>Youth Jump Rope 9:30-10am All Ages Multi-Purpose Room Free for Members</p> <p>Youth Wellness Hours 6:00-7:30pm Ages 9 and Up Free for Members</p>	<p>Youth Tread N Shred 9:00-10:00am Indoor Track Ages: 7-17 Small Group pricing applies</p> <p>Youth MX4 4:45-5:15pm Multi-Purpose Room Ages: 6-14 Small Group pricing applies</p>	<p>Youth Wellness Hours 9-11am Ages 9 and Up Free for Members</p>	<p>Youth Strength Training 10:00-11:00am Wellness Center Ages 9-17 Small Group pricing applies</p>
					<h2>SUN</h2>
					<p>Youth Wellness Hours 5:30-7:30pm Ages 9 and Up Free for Members</p>

AUGUST-YOUTH SCHEDULE

MON	TUES	WED	THURS	FRI	SAT
<p>Youth Wellness Hours 9-10:30am FREE Ages 9 and Up</p> <p>Youth Yoga 11-11:30am Aerobic Room Ages: 5-17 Free for Members</p> <p>Youth Strength Training 5-6pm Wellness Center Ages: 9-17 Small Group pricing applies</p>	<p>Youth Tread N Shred 9:30-10:30am Indoor Track Ages: 7-17 Small Group pricing applies</p> <p>Youth Cycle 5:30-6pm Cycling Studio Must be 4'4" Small Group pricing applies</p>	<p>Youth MX4 9-9:30am Multi-Purpose Room Ages: 6-14 Small Group pricing applies</p> <p>Youth Cycle 9:30-10am Cycling Studio Must be 4'4" Small Group pricing applies</p> <p>Youth Jump Rope 9:30-10am All Ages Multi-Purpose Room Free for Members</p> <p>Youth Wellness Hours 6:00-7:30pm Ages 9 and Up Free for Members</p>	<p>Youth Tread N Shred 9:00-10:00am Indoor Track Ages: 7-17 Small Group pricing applies</p> <p>Youth MX4 4:45-5:15pm Multi-Purpose Room Ages: 6-14 Small Group pricing applies</p>	<p>Youth Wellness Hours 9-11am Ages 9 and Up Free for Members</p>	<p>Youth Strength Training 10:00-11:00am Wellness Center Ages 9-17 Small Group pricing applies</p> <div data-bbox="1646 781 1963 883" style="background-color: yellow; border: 2px solid black; text-align: center; padding: 5px;"> <p>SUN</p> </div> <p>Youth Wellness Hours 5:30-7:30pm Ages 9 and Up Free for Members</p>