## July - Youth Schedule

TUES	WED	THURS	FRI	SAT
Youth Tread N Shred	Youth MX4	Youth Tread N Shred	Youth Wellness	Youth Strength Training
9:30-10:30am	9-9:30am	9:00-10:00am	Hours	10:00-11:00am
Indoor Track	Multi-Purpose Room	Indoor Track	9-11am	Wellness Center
Ages: 7-17	Ages: 6-14	Ages: 7-17	Ages 9 and Up	Ages 9-17
Small Group pricing applies	Small Group pricing applies	Small Group pricing applies	Free for Members	Small Group pricing applies
	Youth Cycle			
	9:30-10am			
Youth Cycle	Cycling Studio	Youth MX4		
5:30-6pm	Must be 4'4"	4:45-5:15pm		
Cycling Studio	Small Group pricing applies	Multi-Purpose Room		
Must be 4'4"		Ages: 6-14		SUN
Small Group pricing applies	Youth Jump Rope	Small Group pricing applies		3011
	9:30-10am			
	All Ages			Youth Wellness Hours
	Multi-Purpose Room			5:30-7:30pm
	Free for Members			Ages 9 and Up
				Free for Members
	Youth Wellness Hours			
	6:00-7:30pm			
	Free for Members			
	Youth Tread N Shred 9:30-10:30am Indoor Track Ages: 7-17 mall Group pricing applies  Youth Cycle 5:30-6pm Cycling Studio Must be 4'4"	Youth Tread N Shred  9:30-10:30am Indoor Track Ages: 7-17 mall Group pricing applies  Youth Cycle 5:30-6pm Cycling Studio Must be 4'4" mall Group pricing applies  Youth Jump Rope 9:30-10am All Ages Multi-Purpose Room Free for Members  Youth Wellness Hours 6:00-7:30pm Ages 9 and Up	Youth Tread N Shred  9:30-10:30am Indoor Track Ages: 7-17 mall Group pricing applies  Youth Cycle 5:30-6pm Cycling Studio Must be 4'4" mall Group pricing applies  Youth Jump Rope 9:30-10am All Ages Multi-Purpose Room Ages: 6-14 Small Group pricing applies  Youth Cycle 9:30-10am Cycling Studio Must be 4'4" Must be 4'4" Must be 4'4"  Youth Jump Rope 9:30-10am All Ages Multi-Purpose Room Free for Members  Youth Wellness Hours 6:00-7:30pm Ages 9 and Up	Youth Tread N Shred  9:30-10:30am Indoor Track Ages: 7-17 Mall Group pricing applies  Youth Cycle 9:30-10am Cycling Studio Must be 4'4" Mall Group pricing applies  Youth Jump Rope 9:30-10am All Ages Multi-Purpose Room Cycling Studio Must be 4'4" Mall Group pricing applies  Youth Jump Rope 9:30-10am All Ages Multi-Purpose Room Free for Members  Youth Wellness Hours 6:00-7:30pm Ages 9 and Up  Youth MX4 4:45-5:15pm Multi-Purpose Room Ages: 6-14 Small Group pricing applies  Youth Wellness Hours 6:00-7:30pm Ages 9 and Up

## AUGUST-YOUTH SCHEDULE

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