

April-Youth Schedule



MON	TUES	WED	THURS	FRI	SAT
<p>Youth Strength Training 5-6pm Wellness Center</p> <p>Ages: 9-17</p> <p>Members: \$10 Free with small group add on Non-Members: \$15</p>	<p>Youth Yoga 4:45-5:15pm Aerobic Room</p> <p>Ages: 5-17</p> <p>Free for Members Only</p>	<p>Youth Cycle 5:30-6pm Cycling Studio Must be 4'4" Members: \$1 Non-Members: \$3.50</p> <p>Youth Wellness Hours 6:30-7:30pm FREE Ages 9 and Up</p>	<p>Youth PiYo 5:30-6:15pm Fitness Studio Free for Members Only</p>		<p>Youth Strength Training 10:30-11:30am Wellness Center</p> <p>Ages 9-17</p> <p>Members: \$10 Free with small group add on Non-Members: \$15</p>



Youth Strength Training—This program will help your child build a solid foundation of strength training. It will include cardio conditioning, cycling and strength training, all led by a certified personal trainer.

Youth Yoga—This class will introduce a variety of key yoga postures that help improve and develop strength, balance and focus. It will promote self confidence and reduce stress in a fun, inclusive, and supportive environment.

Youth Cycle—Join us for an exciting class filled with cardio, energy and fun music. You must be 4'4" to participate.

Youth PiYo—High intensity, low impact workout takes the very best Pilates and Yoga inspired moves and cranks up the speed to give you a full throttle cardio, strength and flexibility training all at once.