

# July - Youth Schedule

MON	TUES	WED	THURS	FRI	SAT
<p><b>Youth Wellness Hours</b> 9-10:30am FREE Ages 9 and Up</p> <p><b>Youth Yoga</b> 11-11:30am Aerobic Room Ages: 5-17 Free for Members</p> <p><b>Youth Strength Training</b> 5-6pm Wellness Center Ages: 9-17 Small Group pricing applies</p>	<p><b>Youth Tread N Shred</b> 9:30-10:30am Indoor Track Ages: 7-17 Small Group pricing applies</p> <p><b>Youth Cycle</b> 5:30-6pm Cycling Studio Must be 4'4" Small Group pricing applies</p>	<p><b>Youth MX4</b> 9-9:30am Multi-Purpose Room Ages: 6-14 Small Group pricing applies</p> <p><b>Youth Cycle</b> 9:30-10am Cycling Studio Must be 4'4" Small Group pricing applies</p> <p><b>Youth Jump Rope</b> 9:30-10am All Ages Multi-Purpose Room Free for Members</p> <p><b>Youth Wellness Hours</b> 6:00-7:30pm Ages 9 and Up Free for Members</p>	<p><b>Youth Tread N Shred</b> 9:00-10:00am Indoor Track Ages: 7-17 Small Group pricing applies</p> <p><b>Youth MX4</b> 4:45-5:15pm Multi-Purpose Room Ages: 6-14 Small Group pricing applies</p>	<p><b>Youth Wellness Hours</b> 9-11am Ages 9 and Up Free for Members</p>	<p><b>Youth Strength Training</b> 10:00-11:00am Wellness Center Ages 9-17 Small Group pricing applies</p> <div data-bbox="1640 781 1969 883" style="border: 2px solid black; background-color: yellow; text-align: center; padding: 5px;"> <p><b>SUN</b></p> </div> <p><b>Youth Wellness Hours</b> 5:30-7:30pm Ages 9 and Up Free for Members</p>