

DECEMBER-YOUTH SCHEDULE

MON	TUES	WED	THURS	SAT
<p>Youth Wellness Hours 6-7pm Ages 9 and Up Free for Members</p> <p>Youth Strength 5:30-6:30 pm Small Group Pricing Applies Members: \$10 Non-members: \$15 (Wellness Center)</p> <p>Youth Center 5-8 pm Ages 6-14</p>	<p>Youth Yoga 6-6:25 pm Raquetball Court Free for Members</p> <p>Youth Tread N Shred 6-7 pm Small Group Pricing Applies Members: \$10 Non-members: \$15 (Indoor Track)</p> <p>Youth Center 5-8 pm Ages 6-14</p>	<p>Youth Wellness Hours 6:00-7:30pm Ages 9 and Up Free for Members</p> <p>Youth Jump Rope 6-6:30 pm Aerobic Room Free for Members</p> <p>Youth Strength 5-6 pm Small Group Pricing Applies Members: \$10 Non-members: \$15 (Wellness Center)</p> <p>Youth Center 5-8 pm Ages 6-14</p>	<p>Youth Center 5-8 pm Ages 6-14</p> <p>Youth Cycle 6-6:25 pm Cycling Studio Must be 4'4" Small Group pricing applies Members: \$1 Non-Members: \$3.50</p>	<p>Youth Wellness Hours 10 am-12 pm Ages 9 and Up Free for Members</p> <p>MX4 8-9 am Multipurpose Room Small Group Pricing Applies Members: \$10 Non-members: \$15</p> <div data-bbox="1507 1019 1871 1133" style="background-color: yellow; border: 2px solid black; text-align: center; padding: 5px;">SUN</div> <p>Youth Wellness Hours 5:30-7:30pm Ages 9 and Up Free for Members</p>

CLASS DESCRIPTIONS

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 MX4—Class will improve cardio, power, strength and endurance in a motivating environment utilizing our MX4 system.

Youth Tread and Shred—This training is designed to increase cardio fitness through running. We will utilize interval training and improve strength with super circuits.

Youth Wellness Hours—Drop your child off in the Wellness Center during our staff supervised hours and enjoy a workout on your own. Must have a wellness orientation prior to attendant the Wellness Center hours. Ages 9 and up.

Youth Jump Rope—Jump, laugh and learn new rope skills in a group setting while honing in on coordination, balance and speed work. Jump Rope and Double Dutch will sure be a big hit when you take your new skills to the nearest playground or family BBQ this summer!

Small Group Pricing

Member Drop In: \$10 per class Non-Member Drop In: \$15 per class

Unlimited Monthly Small Group Classes: \$55 Single Member \$70 Family Non Member Single \$110 (Can sign up the 20th of the month prior for classes)

****PLEASE NOTE:** Cycle classes included in monthly fee.

Cancelations for class must be made 24 hours before class or the drop in rate will be charged to your account.