

YOUTH PROGRAMS



Junior High Passport To Fitness NEW

This is group fitness training for youth who are looking to experience all that a fitness center has to offer in supervised group fitness. Each day we will focus training on a variety of formats including, body weight training, Pilates, yoga, youth strength, cardio, video cycle, circuit training, TRX Suspension Training and boot camp. 6 minimum/25 maximum. **No class on October 31.**

Age: 10 - 14 years

Code	Day	Date	Time	R/NR Fee
261483-01	Mon, Wed	Sep 11 - Oct 11	3 - 4 pm	\$65/\$80
261483-02	Tue, Thu	Sep 12 - Oct 12	3 - 4 pm	\$65/\$80
261483-03	Mon, Wed	Oct 16 - Nov 15	3 - 4 pm	\$65/\$80
261483-04	Tue, Thu	Oct 17 - Nov 16	3 - 4 pm	\$58/\$72

Instructor: Personal Training Staff

Teen Pilates CORE Reformer NEW

Build your core and strength base for all activities. This is a safe and very efficient training for all youth. Pilates Reformer training improves posture and flexibility which will benefit the younger tech generation. 2 minimum/5 maximum. **No class on November 23.**

Age: 13 - 17 years

Code	Day	Date	Time	R/NR Fee
261413-01	Thu	Sep 14 - Oct 26	5 - 5:55 pm	\$105/\$140
261413-02	Thu	Nov 2 - Dec 14	5 - 5:55 pm	\$90/\$115

Instructor: Jenay Gordon



Youth Sports Conditioning NEW

Customized workouts by certified personal trainers combines strength, cardio, functional training and intervals. Enhances speed, coordination, strength and endurance. 4 minimum/12 maximum. **No class on October 31.**

Age: 10 - 14 years

Code	Day	Date	Time	R/NR Fee
261413-01	Tue	Sep 12 - Oct 10	5:30 - 6:30 pm	\$90/\$115
261413-02	Thu	Sep 14 - Oct 12	5:30 - 6:30 pm	\$90/\$115
261413-03	Tue	Oct 17 - Nov 14	5:30 - 6:30 pm	\$77/\$100
261413-04	Thu	Oct 19 - Nov 16	5:30 - 6:30 pm	\$90/\$115

Instructor: Debra Saper and Brian Lee

