



YOUTH FITNESS SCHEDULE

FALL 1 SESSION

Sept 4th - Oct 21st

(Excluding Tumbling/Gymnastics)

<p>TUMBLING/GYMNASTICS (MPR) <i>*NEW TIMES</i></p>	<p>M/W</p>	<p>5:30-6:15 PM (Beginner) 6:15-7:30 PM (Experienced)</p>	<p>\$20/\$42 (MONTHLY)</p>
<p>Introduction to gymnastics fundamentals; focus will be on basic skills, improving coordination, and body alignment.</p>			
<p>TRX <i>*NEW DAYS</i></p>	<p>M/W T/TH</p>	<p>4:30-5:00 PM</p>	<p>FREE-Members Only</p>
<p>TRX Style! TRX training for youth athletes can improve strength, joint integrity, balance and stability. It's never too early to start TRX! The goal is not to lose weight, increase speed or gain strength. The goal is to enhance skill.</p>			
<p>TEEN STRENGTH TRAINING Ages 12-15 (Weight Room) (No experience necessary)</p>	<p>T/TH</p>	<p>6:30-7:15 PM</p>	<p>\$35 - MEMBERS ONLY</p>
<p>New! FAST TRACK TEEN STRENGTH Ages 12-15 (Weight Room) (Prior experience required)</p>	<p>By appointment only</p>		<p>\$45 - MEMBERS ONLY</p>
<p>This class is required for youth under age 16 to have access to the weight room. Class focus is on:</p> <ul style="list-style-type: none"> • Proper use of all machines • Safety while weight training • Proper lifting technique • Proper free weight use • Breathing and muscle function • Proper weight room etiquette <p>Teens are tested at the end of the course. Class size is limited to 10 participants. Members only. Must be 12 years of age to take either Teen Strength Class or Fast Track.</p>			
<p>KARATE Ages 4 and up (Aerobics Room)</p>	<p>W</p>	<p>5:30-6:30 PM</p>	<p>\$25/\$55</p>
<p>A great way to introduce children to the discipline of karate, with instructor Ed Cox. First class includes a parent orientation on uniforms, etc.</p>			