



YOUTH FITNESS SCHEDULE

WINTER 1 SESSION

JAN 2nd-FEB 17th

(Excluding Tumbling/Gymnastics)

<p>TUMBLING/GYMNASTICS (MPR)</p>	<p>M/W</p>	<p>6:15-7:00 PM</p>	<p>\$20/\$42 (MONTHLY)</p>
<p>Introduction to gymnastics fundamentals; focus will be on basic skills, improving coordination, and body alignment.</p>			
<p>STRENGTH/TRX</p>	<p>M/W</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. It will be a class that also incorporates light weights and cardio.</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 • Proper lifting technique • Breathing and muscle function • Safety while weight training • Proper free weight use • 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>			