



YOUTH FITNESS SCHEDULE

**Winter 1 Session
Jan 2nd-Feb 18th**



<p>TUMBLING/GYMNASTICS (MPR)</p>	<p>T/TH</p>	<p>5:00-5:45 PM</p>	<p>\$25/\$55 (one day/wk) \$35/\$85 (two day/wk)</p>
<p>Introduction to gymnastics fundamentals; focus will be on basic skills, improving coordination, and body alignment.</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>			
<p>KARATE Ages 4 and up (Aerobics Room)</p>	<p>F</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>			