



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUTH GROUP EXERCISE SCHEDULE

Fall Classes – Effective September 6th

Fit n’ Fun

with Stacey

Fit n’ Fun keeps you moving each week with a different class format!
Come prepared to move, and most importantly... have FUN!

Ages: 7-13
Wednesdays, 4:30-5:15pm
Western Room

Youth Yoga

with Tracey

Children will explore the mind-body connection in a group exercise setting. They will learn poses to increase strength, flexibility, balance, and relaxation. Children are required to bring their own yoga mat to class!

Ages: 7-13
Thursdays, 4:45-5:25pm
Western Room

Youth Spinning *~new~*

Youth Spin Bikes are the new attraction in YFC! Join in for a fun, group experience, guided ride!

Ages: 7-13
Coming Soon!
YFC

YOUTH FITNESS CENTER HOURS

Fall Schedule

Daily Hours

Monday–Thursday	3:30–8:30pm
Friday	3:30–7:30pm
Saturday	8am–1:30pm
Sunday	8am–1:30pm

In-Service Days and Holiday Hours

Monday, Sept 5 th	CLOSED
Tuesday, Sept 13 th	9am–12n; 3:30–8:30pm
Monday, Oct 3 rd	9am–12n; 3:30–8:30pm
Wednesday, Oct 12 th	9am–12n; 3:30–8:30pm
Monday, Oct 31 st	9am–12n; 3:30–8:30pm
Tuesday, Nov 8 th	9am–12n; 3:30–8:30pm
Friday, Nov 11 th	9am–12n; 3:30–7:30pm
Nov 21 st –23 rd	9am–12n; 3:30–8:30pm
Thursday, Nov 24 th	CLOSED
Friday, Nov 25 th	9am–12n; 3:30–7:30pm

Starting September 6th the age group for the Youth Fitness Center will be extended to ages 7-13. First time visitors must have an orientation. Scheduled orientations are suggested.