

Fall 2019

YOUTH FITNESS SCHEDULE



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							

Complementary Stretch Class
(Fitness Center/Studio)
11:30-11:45 a.m.

Complementary Stretch Class
(Fitness Center/Studio)
12:15-12:30 p.m.

Family Parkour
(Activity Room)
12:00-1:00 p.m.

Youth Drop-In Fitness
(Fitness Center/Studio)
2:00-3:00 p.m.

Backyardgames
(Main Gym)
2:30 - 3:30 p.m.

Jr. Orientation
(Fitness Office)
4:15-5:15 p.m.

Parkour & Free-Running
Club (Activity Room)
1:00-2:00 p.m.

Sport Ready: Mini Champs
(Main Gym)
4:00-5:00 p.m.

Junior Run Club (ages 8-10)
4:00-5:00 p.m.

Gaining the Edge
Youth High Performance
4:00-5:00 p.m.

Parkour Level 1
(Activity Room)
4:00-5:00 p.m.

Gaining the Edge
Youth High Performance
4:00-5:00 p.m.

Jr. Certification Test
(Fitness Office)
4:15-4:45 p.m.

Junior Run Club (ages 11-16)
5:00-6:00 p.m.

Complementary Stretch Class
(Fitness Center)
6:00-6:15 p.m.

Parkour Level 2
(Activity Room)
5:00-6:00 p.m.

Gaining the Edge
Youth High Performance
5:00-6:00 p.m.

Family Archery Club
(Small Gym)
6:00-7:00 p.m.

Family Parkour
(Activity Room)
6:00-7:00 p.m.

Sport Ready: Speed
Performers (Main Gym)
5:00-6:00 p.m.

Youth Drop-In Fitness
(Fitness Center/Studio)
8:00-9:00 p.m.

Sport Ready: Power Players
(Main Gym)
6:00-7:00 p.m.

Registered Classes
Drop-ins are welcome if the class is running and registration is not full

Free Drop in Classes
Anyone can attend these classes