



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Fall I 2016 (August 29 – October 23, 2016)

TEEN/YOUTH CLASS SCHEDULE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

9:45-10:15am
Preschool
Yoga & Stretch
Ages 3-6
Nancy- 1

10:15-10:45am
Kids Boot Camp
Ages 3-6
Staff - 1

10:15-10:45am
Stretch and Movement
Ages 3-6
Bella - 1

4:15-4:45pm
Dance Fitness
Ages 3-5
Bella-1

4:15-4:45pm
Tap Fitness
Ages 8-12
Dot-1

5:15-5:45am
Kids Boot Camp
Ages 3-6
Staff- 1

5:30-6:00pm
Dance Fitness
Ages 6-12
Bella -1

5:00-5:45pm
Youth Boxing
Grades 5-8
Staff - 2

6:00-7:00pm
Gamercise
Ages 6-12
Bella - 1

7:10-7:55pm
Yoga & Stretch
Ages 6-12
Bella- 1

Highlighted boxes—Fee applicable; registration required.