



# YOUTH FIT ZONE SCHEDULE

**Effective July 2017**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
<b>4:00 PM</b>	<b>UPPER BODY PUSH/PULL</b>	<b>FLEXIBILITY &amp; MOBILITY TRAINING</b>	<b>CORE WORKOUT</b>	<b>SPEED &amp; AGILITY (TRACK TURF)</b>	<b>LOWER BODY (TRACK TURF)</b>	<b>9:00 AM</b>	<b>RISE &amp; SHINE CIRCUIT</b>	
<b>4:30 PM</b>		<b>YFZ JUMP! (UPPER SPORTS ZONE)</b>	<b>YFZ SPIN (SPIN ROOM) 4:30pm -5:15pm</b>			<b>10:00 AM</b>		<b>CLOSED</b>
<b>5:00 PM</b>	<b>MEGA OBSTACLE (TRACK TURF)</b>	<b>FITNESS GAMES</b>	<b>MEGA OBSTACLE (TRACK TURF) 5:15pm- 6:30PM</b>	<b>FITNESS GAMES</b>	<b>YFZ OBSTACLE COURSE</b>	<b>11:00 AM</b>	<b>MIX IT UP!</b>	<b>CLOSED</b>
<b>5:30 PM</b>		<b>WORKOUT OF THE DAY</b>		<b>YFZ YOGA (SERENITY STUDIO) 5:45pm-6:30pm</b>				<b>CLOSED</b>
<b>6:00 PM</b>	<b>FITNESS GAMES</b>	<b>FITNESS GAMES</b>		<b>WORKOUT OF THE DAY</b>				<b>CLOSED</b>
<b>6:30 PM</b>	<b>WORKOUT OF THE DAY</b>	<b>HIIT TRAINING</b>	<b>FITNESS GAMES</b>	<b>TOTAL BODY CIRCUIT (TRACK TURF)</b>	<b>SPORTS ZONE FIELD GAMES (UPPER SPORTS ZONE)</b>	<b>12:00 PM</b>	<b>MIX IT UP!</b>	<b>CLOSED</b>
<b>7:00 PM</b>	<b>FITNESS GAMES</b>		<b>WORKOUT OF THE DAY</b>	<b>WORKOUT OF THE DAY</b>				<b>1:00 PM</b>
<b>7:30 PM</b>	<b>WORKOUT OF THE DAY</b>	<b>WORKOUT OF THE DAY</b>	<b>FITNESS GAMES</b>	<b>FITNESS GAMES</b>	<b>FITNESS GAMES</b>			
<b>8:00 PM</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>2:00 PM</b>	<b>CLOSED</b>	<b>CLOSED</b>
<b>6:30 PM - 9:00 PM</b>	<b>Fun Fit Night- July 21st 6:30pm - 9:00pm</b>							

**All Classes take place in Youth Fit Zone unless otherwise indicated**

**Shading indicates NEW class format or NEW class time**

Core Workout	Strengthen your center of control! A core workout to help develop the most important muscles in the body while improving balance and overall mobility.
Lower Body Training	Lower body workout that sets the foundation for balance and strength necessary to move more efficiently every day!
YFZ Jump!	High energy and heart pumping cardio intervals on individual trampolines that increase core strength, burns calories, and you'll be flying!
YFZ Spin	Indoor cycling class focusing on endurance, strength, intervals, and recovery. Pedal your way into fitness.
Mix it Up!	Coaches' choice! A mixed up variety of YFZ fitness games and circuits
Obstacle Course	A fun series of challenging physical obstacles in a timed and structured circuit. Includes running, jumping, crawling and balancing.
YFZ Fitness Games	Fun and exciting games using different fitness equipment; ropes, balance balls, bands, and much more.
HIIT Training	Push your limits and get your heart pumping and body moving with 'High Intensity Interval Training' exercises followed by short resting periods.
Upper Body Push/Pull	Complete upper body for EVERYbody! This class focuses on the back, shoulders, chest, biceps and triceps using push and pull movements. Examples include rope pull, TRX row, bicep curls, body weight push-ups, cable machine press and bench press.
Total Body Circuit	A total body workout circuit designed to build strength, balance, agility, flexibility and coordination! Total Body for EVERY Body!
Flexibility & Mobility Training	Combine basic flexibility and balance exercises to increase agility, balance and speed.
YFZ Yoga	A relaxing 45 minute class focusing on the basic yoga poses and breathing exercises
Rise & Shine	Wake up and get going circuit. Typically involves up to 10 different exercises done for 3 rounds. Involves all aspects of the YFZ daily training programs.
Sports Zone Field Games	Variety of field games on our turf. Capture the flag, dodge ball, relay races, and more!
Speed and Agility	Learn the FUNdamental training techniques to improve athletic performance. The class involves quick acceleration & deceleration drills while moving in different directions. Improve balance, power and speed!
Workout of the Day	Each day will be a different workout focusing one of the fundamental training for upper body or, flexibility & mobility or, Speed & Agility. Coaches choice!
Fun Fit Night	A variety of activities games and sports. Themes will be announced monthly. YFZ Member \$10. Guests Welcome - \$20. Complimentary guest passes are not accepted

<b>Club Hours</b>	
Monday – Thursday	4:30am – 11:00pm
Friday	4:30am – 10:00pm
Saturday/Sunday	6:00am – 6:00pm / 6:00am – 4:00pm
<b>Youth Fit Zone Hours</b>	
Monday - Friday	4:00pm – 8:00pm
Saturday	9:00am – 2:00pm
Sunday	Closed