



YOUTH FIT ZONE SCHEDULE

Effective October 15, 2014

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
4:00 PM	YFZ FITNESS CIRCUIT	YFZ FITNESS CIRCUIT	YFZ FITNESS CIRCUIT	YFZ FITNESS CIRCUIT	YFZ OBSTACLE COURSE	9:00 AM	MIX IT UP!	MIX IT UP!
4:30 PM	YFZ FITNESS CIRCUIT	YFZ JUMP! (UPPER SPORTS ZONE)	YFZ FITNESS CIRCUIT	YFZ JUMP! (UPPER SPORTS ZONE)	YFZ OBSTACLE COURSE	10:00 AM	MIX IT UP!	MIX IT UP!
5:00 PM	MEGA OBSTACLE 1 (TRACK)	SPORTS ZONE FIELD GAMES (SPORTS ZONE)	YFZ SPIN* (SPIN ROOM) 5:00-5:45	SPORTS ZONE FIELD GAMES (SPORTS ZONE)	YFZ FUNCTIONAL TRAINING	11:00 AM	MIX IT UP!	MIX IT UP!
5:30 PM	MEGA OBSTACLE 2 (TRACK)	SPORTS ZONE FIELD GAMES (SPORTS ZONE)		SPORTS ZONE FIELD GAMES (SPORTS ZONE)	YFZ FUNCTIONAL TRAINING			
6:00 PM	YFZ FITNESS GAMES	CARDIO BOXING (GROUPX)	MEGA OBSTACLE* (TRACK) 6:00-6:45	YFZ CORE & MORE (YFZ)	CARDIO CIRCUIT (UPPER CARDIO DECK)	12:00 PM	MIX IT UP!	CLOSED
6:30 PM	YFZ FITNESS GAMES	CARDIO BOXING (TRACK)		YFZ CORE & MORE (YFZ)	SPORTS ZONE FIELD GAMES*** (SPORTS ZONE)			
7:00 PM	YFZ FUNCTIONAL TRAINING	YFZ FITNESS CIRCUIT	YFZ FITNESS GAMES	YFZ FITNESS GAMES	SPORTS ZONE FIELD GAMES*** (SPORTS ZONE)	1:00 PM	MIX IT UP!	CLOSED
7:30 PM	YFZ FUNCTIONAL TRAINING	YFZ FITNESS CIRCUIT	YFZ FITNESS GAMES	YFZ FITNESS GAMES	SPORTS ZONE FIELD GAMES*** (SPORTS ZONE)			
8:00 PM	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	2:00 PM	CLOSED	CLOSED
6:30 PM - 9:00 PM	*** FUN FIT NIGHT! 2 ND & 4 TH FRIDAY OF THE MONTH (Starting 10/10)							

*45 Minute Class

Shading indicates class location other than YFZ or GroupX style class
No entry will be allowed after start of session/class.

YFZ CLASS DESCRIPTIONS

YFZ FITNESS CIRCUITS	Fun, Fast paced body conditioning and resistance training using a variety of equipment!
YFZ FUNCTIONAL TRAINING	Training the body for the activities performed in daily life. Total Body Workout!
YFZ JUMP!	High energy, low impact cardio sequences on individual rebound trampolines. Total Body for EVERY Body!
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
YFZ 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.
YFZ CARDIO CIRCUIT	Fast and Fun total body workout using various cardio equipment
YFZ CORE + MORE	Tone & define while improving your core strength and stability.
SPORTS ZONE FIELD GAMES	Variety of field games on our turf. Capture the flag, dodge ball, relay races, and more!
YFZ RUN!	An Introduction to Track and Field to develop proper form, improve running and sprinting abilities and improve overall athleticism.
FUN FIT NIGHT	A variety of activities games and sports. Themes will be announced monthly. Guests Welcome- event fees will be charged for guests. Complementary guest passes are not eligible

15 year-old Gym Floor Orientation*	
Monday	5:00pm - 5:45pm
Tuesday	6:00pm - 6:45pm
Wednesday	4:00pm - 4:45pm
Thursday	5:00pm - 5:45pm
Saturday	2:00pm - 2:45pm
*Must attend to be cleared for main gym floor	

Club Hours	
Monday – Thursday	4:30am – 11:00pm
Friday	4:30am – 10:00pm
Saturday/Sunday	6:00am – 6:00pm / 6:00am – 4:00pm
Youth Fit Zone Hours	
Monday - Friday	4:00pm – 8:00pm
Saturday	9:00am – 2:00pm
Sunday	9:00am – 12:00pm