



YOUTH FIT ZONE GROUP EXERCISE SCHEDULE EFFECTIVE: APRIL 23, 2012

Monday	Tuesday	Wednesday	thursday	friday	saturday
YOUTH YOGA 4:15pm - 5:00pm	Cardio Cinema 4:30pm - 5:15pm	FIELD DAY Ages 12-14 5:00pm - 6:00pm	YOUTH CONDITIONING 5:00pm - 5:45pm	BOOT CAMP ages 12-15 5:00PM - 6:00PM	
FIELD DAY Ages 8-11 5:00pm - 6:00pm	Express Spin 5:45pm - 6:15pm	TRACK MEET 6:30pm - 7:00pm	OBSTACLE COURSE 6:30pm - 7:15pm	Cardio Cinema 6:30pm - 7:00pm	BOOT CAMP ages 8-11 11:00AM - 12:00PM

TRACK MEET	Get your heart rate up with relay races and track drills and exercises.
EXPRESS SPIN	An indoor bike ride set to music that stimulates an outdoor bike experience.
FIELD DAY	Have fun with field day games like dodgeball, soccer, kickball and wiffle ball.
CARDIO CINEMA	Give your inner couch potato a workout.
YOUTH YOGA	Improve flexibility and core strength with youth yoga.
NEW YOUTH CONDITIONING	Fun, fast running drills and hurdles, core strengthening exercises, and plyometrics.
NEW OBSTACLE COURSE	Fast paced, circuit of obstacle courses.
NEW BOOT CAMP	Challenge your physical discipline in this class with strength and cardio stations!

- Members and Guests Ages 15 years and younger have their own schedule and are permitted to participate in classes on this schedule.

- Classes and instructors are subject to change without notice.

- Classes are evaluated based on attendance. If a class has poor attendance, it can be changed and/or may be subject to cancellation.

- Please inform the instructor if it is your first class, have a medical condition or a change in medical condition.

- No mobile phones permitted in Spin Studio.

Club Hours

Monday – Thursday 4:30am – 11:00pm
 Friday 4:30am – 10:00pm
 Saturday/Sunday 6:00am – 6:00pm / 6:00am – 4:00pm

ChildCare

Monday/Thursday/Friday 8:00am – 1:00pm & 3:00pm – 8:00pm
 Tuesday/Wednesday 8:00am – 1:00pm & 3:00pm – 8:30pm
 Saturday/Sunday 8:00am – 1:00pm

Youth Fit Zone

Monday Friday 3:30pm – 8:00pm
 Saturday 9:00am – 2:00pm
 Sunday 9:00am – 12:00pm