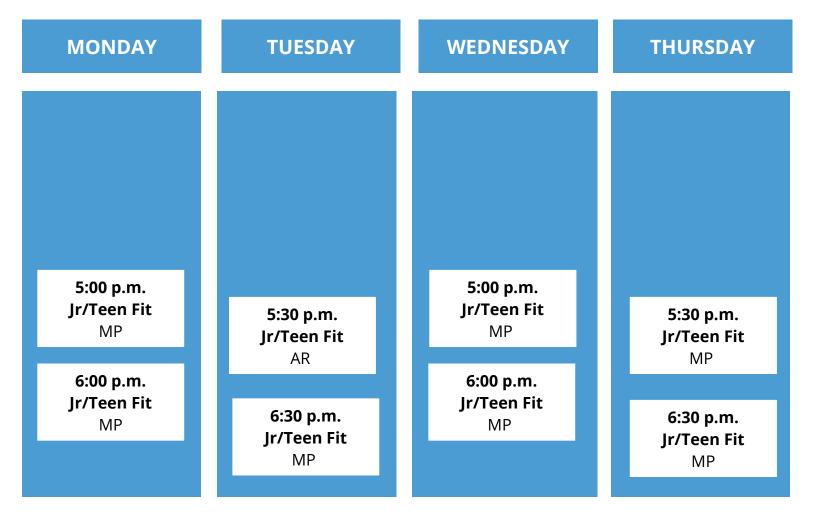


Youth Fitness Classes 2025



Junior/Teen Fit is designated to introduce youth ages 9-18 to stretching routines, exercise equipment, proper techniques and an overall knowledge of fitness. Classes may feature timed challenges, workout stations and the use of both conventional and non-conventional equipment. Our goal is to get our youth moving and have fun at the same time!

Kid FIT-Keep your kids active this summer with this great 10 week program for only \$129 . Youth ONLY classes will include: Fun Games, Kid Yoga, Group Fitness, Nutrition Classes and more!

AR: Aerobics Room
MP: Multipurpose Room