

# Youth Fitness Classes 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>5:00 p.m. Jr/Teen Fit MP</p> <p>6:00 p.m. Jr/Teen Fit MP</p>	<p>5:30 p.m. Jr/Teen Fit AR</p> <p>6:30 p.m. Jr/Teen Fit MP</p>	<p>5:00 p.m. Jr/Teen Fit MP</p> <p>6:00 p.m. Jr/Teen Fit MP</p>	<p>5:30 p.m. Jr/Teen Fit MP</p> <p>6:30 p.m. Jr/Teen Fit MP</p>

**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!