



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

**GROUP FITNESS CLASS SCHEDULE
WINTER II SESSION
YOUTH GROUP FITNESS CLASSES
February 18 - April 9, 2019**

<u>TIME</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
5:30-6:00 PM		Youth Gymnastics (3-4 Years) (AP Room)	Youth Gymnastics (3-4 Years) (AP Room) 6-Weeks			
5:30-6:30 PM	Taekwondo Youth (5-11)					
6:00-6:30 PM		Youth Gymnastics (5-6 Years) (AP Room)	Youth Gymnastics (5-6 Years) (AP Room) 6-Weeks			
6:30—7:30 PM	Taekwondo Adult (12 & Up)					





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YOUTH GROUP FITNESS CLASS DESCRIPTIONS:

TAEKWONDO: This is a modern Korean martial art similar to Karate that helps with fitness, self-defense, and confidence. Taekwondo utilizes punches, jabs, chops, blocking, knees, leaps, and kicks.

Member Fee: \$40 Non-Member Fee: \$60 (\$10 off for additional family members)

Instructors - Jessica, Paul & Makayla

YOUTH GYMNASTICS: Through the use of small scale gymnastics equipment, this class will help your child develop an early relationship with physical fitness, while learning basic gymnastic skills.

On **Wednesdays**, this class is a 6-week session. **NO CLASS March 6th.**

Member Fee: \$40 Non-Member Fee: \$60. **Instructor - Lurna**