



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

## GROUP FITNESS CLASS SCHEDULE

### Spring SESSION

#### YOUTH GROUP FITNESS CLASSES

April 8 - May 25, 2019

<u>TIME</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
4:45-5:15 PM				Kids Fitness (8-13 YO)		
5:30-6:00 PM		Youth Gymnastics (3-4 Years) (AP Room)	Youth Gymnastics (3-4 Years) (AP Room)			
5:30-6:30 PM	Taekwondo Youth (5-11 YO)					
6:00-6:30 PM		Youth Gymnastics (5-6 Years) (AP Room)	Youth Gymnastics (5-6 Years) (AP Room)			
6:30-7:30 PM	Taekwondo Adult (12 & Up)					





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## **YOUTH GROUP FITNESS CLASS DESCRIPTIONS:**

**KIDS FITNESS:** Bring the kids out and let them experience fitness like the grown ups do! This fun class is designed for kids 8 to 13 years of age, and will show case seven different classes that we offer here at the Warren County YMCA. List of classes will be posted at the front desk.

**Instructors - Rotating**

**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.

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