

YOUTH MOVEMENT

my body. my life.

By encouraging our youth to take personal responsibility for "my body. my life", we will challenge and motivate children to join in activities that encourage fitness, healthy growth and increased self esteem ... and we'll have fun doing it!

CLASS DESCRIPTIONS

YouthX BOSU Conditioning Class

This class will incorporate interval style training techniques with the BOSU Balance Trainer. This class is designed for all fitness levels and uses simple cardio drills with strength training and core stability.

Mondays MIND/BODY STUDIO

Ages 6-10 4:00 pm Ages 10-17 4:30 pm

YouthX Circuit Challenge

Be challenged in our Team Training Room! Come prepared to work hard and have fun. This class will help improve speed, agility, quickness, balance, coordination, strength, power, and cardiovascular conditioning.

Tuesdays and Thursdays MIND/BODY STUDIO

Ages 6-10 4:00 pm Ages 10-17 4:30 pm

YouthX Hip Hop

Like to dance? A stylized form of floor aerobics where you will learn fun hip hop dance routines to a funky beat. Entertainment and exercise squeezed into 45 minutes!

Wednesdays MIND/BODY STUDIO

Ages 11-16 5:00 pm

YouthX Strength Training

Imagine being trained in proper form and technique while learning resistance training. The same class format that is used in our adult Rep Reebok classes will be presented in this 45-minute class. Progressing at a developmentally appropriate manner, individuals will be taught the importance of resistance training for development of muscular strength and endurance. **Ages 10-17**

Saturdays 9:00 am MIND/BODY STUDIO

YouthX Cycle

A great cardiovascular non-impact workout for those that like the challenge of working out to music. Class is held in our Cycle studio and is 30 minutes in duration. A variety of drills on the bikes such as resistance work, climbing and avoiding stones and holes in the road ahead will keep the rider active and sweating!

Ages 10* and up Mondays 4:45 pm SPIN STUDIO

*Participants must be 4'10" in height to be properly fitted on a bike.



core



NEW SCHEDULE STARTS DECEMBER 13

Also Starting Week of 12/13
YouthX Yoga Weds. 4pm

Just for Kids!



Nutrition Classes for Boys & Girls Ages 9-12

This 10-week program is taught by registered and licensed dietitians and nationally-certified personal trainers who will help your child to develop healthy eating and activity habits in a warm, fun and nurturing environment.

Designed to help children to:

- Maintain or achieve a healthy weight
- Become more physically active
- Improve self esteem
- Decrease risk of health problems



Teresa Runkle

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All youth classes incorporate nutrition education developed and delivered by Teresa Runkle, MA, RD, LDN, in a fun and interactive environment.

Early change in a child's lifestyle is an integral step to producing regular fitness and health habits in adults.

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BODY
ZONE
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