

NEW SUMMER YOUTH FIT HOURS Starting June 16th

Monday-Friday
11:00a-1:00p & 5:00-7:00p
Saturday 11:00a-1:00p

Warrior Fitness

Intense strength training with vigorous cardiovascular training that will push you until the last rep.

Spinning

Saddle up and experience the most enjoyable and effective workout ever.

Kickboxing

Martial arts-based cardio kickboxing class using high energy and lots of upper body work.

Total Tibata

Challenge your body by engaging your body in a series of high intensity interval exercises.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4 Warrior Fitness 6:45-7:30a	5	6	7 Youth Fit World Cup Obstacle Course 11:00a-12:00n
8	9 Kickboxing 9:00-10:00a	10	11	12	13 Youth Fit Pool Games 5:00-6:00p	14
15	16 Outdoor Pool Opens!	17	18 Total Body Conditioning 7:00p-8:00p	19	20	21 Youth Fit Net Volleyball 11:00a-12:00n
22	23 Spinning 8:00-9:00a	24	25	26 Total Tabata 1:00-2:00p	27	28
29	30					

