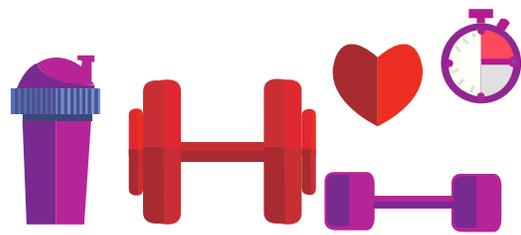


Youth & Teen Fitness Program Classes:



Sess. I: SEP. 8 – NOV 1 / Sess. II: NOV. 9 – JAN. 24

FIRST STEPS TO FITNESS Gr. 2 – 4 Thu. 5:30–6:15pm Location: YMCA

A group exercise program designed to get Children started on the right foot and create healthy lifelong habits with the engaging and educational introduction to everyday fitness.

Full Member: \$50 Program Member: \$50

JUNIOR YOGA Gr. 4 – 6 Thu. 4:15–5pm Location: YMCA

Improve strength, flexibility, and coordination. Learn how to focus and center yourself with various breathing techniques. Practice challenging poses, partner and group poses, and learn basic anatomy through yoga games.

Full Member: \$50 Program Member: \$50

TEEN CYCLE Gr. 6 – 8 Mon. 4–4:45pm Location: YMCA

A great instructor-led cardio workout to energizing music in our Cycle Studio appropriate for all fitness levels. Height requirement 4'11. Full Member: \$50 Program Member: \$50

NEW! TEEN BOUNCE & TONE Gr. 6 – 8 Fri. 4–4:45pm Location: YMCA

Cardio and core training on a mini trampoline is sure to please! Add some weight training for a well-rounded workout.

Full Member: \$50 Program Member: \$50

JUNIOR FITNESS CIRCUIT Gr. 5 – 6 Tue. 4–5pm Location: FLCC

A class designed to introduce kids to the Fitness Center. Learn safe and proper form on cardio and circuit equipment.

Full Member: \$50 Program Member: \$50

TEEN BARRE Gr. 6 – 8 Mon. 4–4:45pm Location: FLCC

A ballet-barre fitness option for Teens after school. Great for all fitness levels—the class combines the best of Pilates with elements of dance, yoga, and cardio sculpting. Full Member: \$50 Program Member: \$50

FUNDAMENTALS TO WEIGHTLIFTING Gr. 7 – 8 Thu. 4–5pm Location: FLCC

Learn proper lifting form and technique from our experts to ensure a safe and effective workout including squatting, bench press, and other free weight exercises.

Full Member: \$40 Program Member: \$55

TEEN YOGA Gr. 7 – 9 Wed. 4–4:45pm Location: FLCC

Build strength and flexibility with physically challenging postures and flowing sequences. Promotes self-control and awareness. Visualization and breathing exercises are used for overall balance and concentration.

Full Member: \$50 Program Member: \$50

NEW! STRAIGHT UP STRENGTH Gr. 9 – 12 Fri. 4–5pm Location: FLCC

Strength and conditioning program that combines age-appropriate weightlifting to enhance strength and power delivering optimal fitness instruction under the watchful eye of our Certified Trainers.

Full Member: \$50 Program Member: \$65

REGISTER AT www.wyckoffymca.org/TEENFITNESS

Questions? EllenB@wyckoffymca.org

