

SPRING KIDS GROUP EXERCISE SCHEDULE

Cross Island YMCA

238-10 Hillside Avenue
Bellerose, NY 11426
(718) 551-9300

 CrossIslandYMCA

@www.ymcanyc.org/crossisland

 YMCA of Greater New York Android & iPhone App



WEDNESDAY

| | | | |
|-------------------|-----------------|-------|----------|
| 5:30 PM – 6:20 PM | Fit Kids (8-11) | Sahib | Studio B |
|-------------------|-----------------|-------|----------|

THURSDAY

| | | | |
|-------------------|-----------------|---------|----------|
| 6:00 PM – 6:50 PM | Fit Kids (8-11) | Colleen | Studio B |
|-------------------|-----------------|---------|----------|

FRIDAY

| | | | |
|-------------------|----------------------------|-------|-------|
| 6:30 PM – 7:20 PM | Fitness Fusion (Ages 8-11) | Sahib | Y Fit |
|-------------------|----------------------------|-------|-------|

SATURDAY

| | | | |
|---------------------|--------------|---------|--------|
| 10:00 AM – 11:00 AM | Family Zumba | Frances | Room A |
|---------------------|--------------|---------|--------|

- Proper Instructor-to-child ratio is 10:1. If more than 10 children are already signed in for the class, the parents of additional children must stay with the class. Classes with two instructors can have 20 kids participating.
- Parents must sign their children in for each class at the registration desk no more than 30 minutes prior to class.
- Depending on weather, class size, or the instructor's discretion, the class may change locations.
- Class location updates at the Registration Desk.

Youth Member Fitness Information is in the Program Guide

Effective February 6, 2017
Schedule is subject to change

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