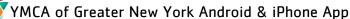
## SPRING KIDS GROUP EXERCISE SCHEDULE Cross Island YMCA

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



@www.ymcanyc.org/crossisland



WEDNESDAY			
5:30 PM - 6:20PM	Fit Kids (8-11)	Sahib	Studio B
THURSDAY			
6:00 PM - 6:50 PM	Fit Kids (8-11)	Colleen	Studio B
FRIDAY			
6:30PM - 7:20PM	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

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www.ymcanyc.org/crossisland YMCA of Greater New York Android & iPhone App

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