



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUTH • TEEN • FAMILY

Get Fit Together with Friends and Family!

At the Y we believe healthy living starts at any age. Join us for these **FREE** group fitness classes and family time, included in your membership!

MONDAY

TIME	ACTIVITY	AGES	STAFF	LOCATION
9:00AM - 9:45AM	Toddler Time	Under 3 yrs.		GYM
9:30AM - 10:30AM	Pre & Post-Natal Yoga	Adults	Anna	Studio B
10:45AM - 11:45AM	Baby and Toddler Yoga	Under 3 yrs.	Anna	Conf. Rm
3:30PM - 5:45PM	Teen Open Gym	12 - 17 yrs.		GYM

TUESDAY

10:45AM - 12:00PM	Family Open Gym	Families		GYM
3:30PM - 7:25PM	Teen Open Gym	12 - 17yrs.		GYM
4:45PM - 5:45PM	YMVP Teen Fitness	12 - 17 yrs.	Victoria	Studio A
6:00PM - 7:00PM	Pre & Post-Natal Yoga	Adults	Anna	Conf. Rm.

WEDNESDAY

9:00AM - 9:45AM	Toddler Time	Under 3yrs.		GYM
3:30PM - 6:15PM	Teen Open Gym	12 - 17yrs.		GYM
4:30PM - 5:15PM	CATCH Kids Fitness	5 - 11yrs.	Victoria	Studio A
5:30PM - 6:30PM	Hip Hop	8 + with Adult	Victoria	Studio B

THURSDAY

10:00AM - 10:45AM	Family Open Gym	Families		GYM
3:30PM - 8:00PM	Teen Open Gym	12 - 17yrs.		GYM

FRIDAY

2:30PM - 3:15PM	CATCH Kids Fitness	5 - 11 yrs.	Victoria	Studio A
3:30PM - 4:15PM	Groove Dance	3 - 11 yrs.	Victoria	Studio A
3:30PM - 7:25PM	Teen Open Gym	12 - 17 yrs.		
4:45PM - 5:45PM	YMVP Teen Fitness	12 - 17 yrs.	Victoria	Studio A

**Check out the back for weekend schedule and descriptions!
Family Swim times are located on our pool schedule.**



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SATURDAY

TIME	ACTIVITY	AGES	STAFF	LOCATION
9:00AM - 11:00AM	Family Open Gym	Families		GYM
11:00AM - 3:00PM	Teen Open Gym	Teens		GYM
3:00PM - 6:00PM	Open Gym	All Members		GYM

SUNDAY

10:00AM - 12:00PM	Toddler Time	Under 3 yrs.		GYM
11:00AM - 12:00PM	Pre & Post-Natal Yoga	Adults	Dominque	Studio B
12:00PM - 1:00PM	Family Open Gym	Families		GYM
1:00PM - 3:30PM	Teen Open Gym	12 - 17yrs.		GYM
3:30PM - 6:00PM	Open Gym	All Members		GYM

OPEN PLAY ACTIVITIES:

TODDLER TIME: Toddler time is open play for children under 3. They will work on large and small motor skills while having fun!

FAMILY OPEN GYM: Spend time in the gym with family. Enjoy playing basketball, practicing basic skills or just burning energy.

TEEN OPEN GYM: Teens between the ages of 12 - 17 can enjoy free use of the gym to shoot hoops with friends and play small quarter pick up games.

OPEN GYM: Find community at the Y - this is a time for all members to share the basketball court.

INSTRUCTOR LED ACTIVITIES:

BABY AND TODDLER YOGA: Parent- child yoga is a fun class for all the family. They will learn to stretch and play together while bonding in a flexible environment.

GROOVE DANCE: Kids ages 3 - 11 learn to dance to the beat of their own drum. All levels welcome at this interpretive dance class.

CATCH KIDS CLASS: Kids ages 5 - 11 get fit while having fun and playing games! All games are based on non-competitive play so no matter your level you challenge your heart rate.

YMVP TEEN FITNESS: middle school and high school age teens will learn how to incorporate fitness into their lifestyles through fun and engaging workouts. All levels are welcome.

HIP HOP: Kids ages 8 + accompanied by an adult learn dance choreography to hip hop music. All levels welcome at this instructor lead dance class.

Pre & Post Natal Yoga: Designed to teach basic yoga postures that will enhance flexibility, strength, and balance and promote relaxation for all women at all stages of life: trying to conceive, pre-natal, post-natal, menopausal

Family Swim times are located on our pool schedule.