

# YOUTH PROGRAMMING SCHEDULE

OCTOBER 2017

MONDAY

**Varsity  
Boxing**  
4:30-5:00PM  
DAN  
EBF

**ZUMBA®**  
4:30-5:30PM  
PIERRE  
M3 STUDIO

TUESDAY

**YOGA JAM**  
4:15-5:15PM  
TRISH  
M3 STUDIO

WEDNESDAY

**TURF TIME**  
4:30-5:15PM  
COD  
M3 TURF

**TURF TIME**  
5:15-6:00PM  
COD  
M3 TURF

THURSDAY

**YOGA JAM**  
4:15-5:15PM  
TRISH  
M3 STUDIO

**Varsity  
Boxing**  
4:30-5:00PM  
SHAH  
EBF

FRIDAY

**TURF TIME**  
4:30-5:15PM  
COD  
M3 TURF

**WERQ®**  
4:30-5:30PM  
RACHEL  
M3 STUDIO

**TURF TIME**  
5:15-6:00PM  
COD  
M3 TURF

SATURDAY

**BOOTCAMP**  
10:30-11:15AM  
M3 STUDIO

**HIP HOP**  
11:30AM-12:30PM  
M3 STUDIO

SUNDAY

**BOOTCAMP**  
10:30-11:15AM  
M3 STUDIO

**ZUMBA®**  
11:30AM-12:30PM  
PIERRE  
M3 STUDIO

## LEGEND

 JUNIOR VARSITY  
AGES 9-12

 VARSITY  
AGES 13-15

 ALL LEVELS  
AGES 9-15



**MIDTOWN**  
ATHLETIC CLUB

# PROGRAM DESCRIPTIONS

---

## **BOOTCAMP**

*Ages 9-15*

Build stamina and strength through fun movements at various intensities while combining cardio and strength training.

## **HIP HOP**

*Ages 9-15*

Kids will express themselves through music, rhythm, and creative movement with a hip-hop flair.

## **TURF TIME**

*Ages 9-15*

Kids will get fit and have fun with 30-minutes of turf time.

## **WERQ®**

*Ages 9-15*

WERQ® is the fiercely fun cardio dance class based on the hottest pop, rock, and hip-hop music.

## **VARSITY BOXING**

*Ages 12-15*

Hook, jab, and cross! Young boxers will be introduced to basic skills on the bags and develop self-confidence and overall fitness.

## **YOGA JAM**

*Ages 9-15*

Kids will experience a fun and energy-releasing class that introduces them to the practice of yoga through music and movement

## **ZUMBA®**

*Ages 9-15*

Zumba® is a dynamic, low-impact cardio fitness workout that fuses hypnotic Latin rhythms with easy-to-follow dance moves.

