

YOUTH PROGRAMMING SCHEDULE

DECEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Varsity Boxing 4:30-5:00PM EBF	YOGA JAM 4:45-5:45PM M3 STUDIO	JV TURF TIME 5:00-5:45PM M3 TURF	YOGA JAM 4:45-5:45PM M3 STUDIO	JV TURF TIME 4:30-5:15PM M3 TURF	STRENGTH AND STRETCH 9:00-10:00AM M3 STUDIO	SKILZ AND DRILZ 10:30-11:15AM M3 STUDIO
ZUMBA® 4:45-5:45PM M3 STUDIO	YOGA JAM 6:00-7:00PM M3 STUDIO	Varsity Turf Time 5:45PM-6:30PM M3 TURF	YOGA JAM 6:00-7:00PM M3 STUDIO	WERQ® 4:30-5:30PM M3 STUDIO	BOOTCAMP 10:30-11:15AM M3 STUDIO	BOOTCAMP 11:30AM-12:30PM M3 STUDIO
SKILZ AND DRILZ 7:15-8:00PM M3 TURF			Varsity Boxing 4:30-5:00PM EBF	Varsity Turf Time 5:15-6:00PM M3 TURF	HIP HOP 11:30AM-12:30PM M3 STUDIO	
					SKILZ AND DRILZ 2:15-3:00PM M3 TURF	



LEGEND

- JUNIOR VARSITY
 AGES 9-12
- VARSITY
 AGES 13-15
- ALL LEVELS
 AGES 9-15

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.

SKILZ AND DRILZ

Ages 9-15

Kids will participate in multi-sport activities designed to develop coordination and expand athletic skill.

STRENGTH AND STRETCH

Ages 9-15

This 60-minute class is designed to build strength and stretch limits in an environment where kids will learn a variety of methods to improve flexibility and strength the core, legs, and arms.

TURF TIME

Ages 9-15

Kids will get fit and have fun with 45 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.

