

YOUTH FITNESS SCHEDULE

SPRING 2018

MONDAY

BOOTCAMP
5:30-6:15PM
M3 TURF

SKILZ AND DRILZ
7:15-8:00PM
M3 TURF

TUESDAY

VARSITY BOXING
4:45-5:30PM
EBF

YOGA JAM
5:30-6:30PM
M3 STUDIO

WERQ®
6:30-7:15PM
M3 STUDIO

WEDNESDAY

TURF TIME
5:00-5:45PM
M3 TURF

VARSITY TURF TIME
5:45PM-6:30PM
M3 TURF

THURSDAY

VARSITY BOXING
4:45-5:30PM
EBF

ACRO CIRCUS
5:00-5:45PM
M3 STUDIO

YOGA JAM
5:30-6:30PM
M3 STUDIO

FRIDAY

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

SATURDAY

STRENGTH AND STRETCH
9:00-10:00AM
M3 STUDIO

BOOTCAMP
10:30-11:15AM
M3 STUDIO

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

SKILZ AND DRILZ
2:15-3:00PM
M3 TURF

SUNDAY

SKILZ AND DRILZ
10:30-11:15AM
M3 STUDIO

BOOTCAMP
11:30AM-12:30PM
M3 STUDIO



LEGEND

JUNIOR VARSITY
AGES 9-12

VARSITY
AGES 13-15

ALL LEVELS
AGES 9-15

MIDTOWN
ATHLETIC CLUB

PROGRAM DESCRIPTIONS

ACRO CIRCUS

Ages 9-15

Learn the basics of gymnastics and circus fundamentals while focusing on flexibility, balance, strength, and muscle control.

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.

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

WERQ®

Ages 9-15

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

ZUMBA®

Ages 9-15

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