



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUTH HAPPENINGS

YMCA AT SCHILLING FARMS

YOUTH FITNESS SCHEDULE

TIME	CLASS	AGE	INSTRUCTOR	LOCATION
MONDAY				
10:00-10:45am	Preschoolers Love Exercise	Preschool	Cindy	Gym
10:30-11:00am	Terrific 2's - \$	2-3	Andrea	ST
5:00-6:00pm	Kids Hip Hop - \$	6-9	Linda	ST
5:30-6:30pm	Youth Strength & Conditioning - \$	10-15	Carla	Gym
TUESDAY				
10:00-10:45am	Preschoolers Love Exercise	Preschool	Cindy	Gym
3:00-3:30pm	Terrific 2's - \$	2-3	Andrea	AR
4:45-5:25pm	Fitness Frenzy	5-12	Cindy	AR
WEDNESDAY				
10:00-10:45am	Preschoolers Love Exercise	Preschool	Cindy	Gym
10:30-11:00am	Tot Beginner Ballet - \$	3-5	Linda	ST
THURSDAY				
3:00-3:30pm	Tot Beginner Ballet - \$	3-5	Linda	ST
4:30-5:15pm	Jr. Beginner Ballet - \$	6-9	Dana	ST
4:45-5:25pm	Fitness Frenzy	5-12	Cindy	AR
5:15-5:45pm	Tot Beginner Ballet - \$	3-5	Dana	ST

KEY
\$ - Fee Required
AR - Aerobics Room
Gym - Basketball Court
ST - Yoga Studio

The YMCA retains the right to change or cancel any classes or instructors.