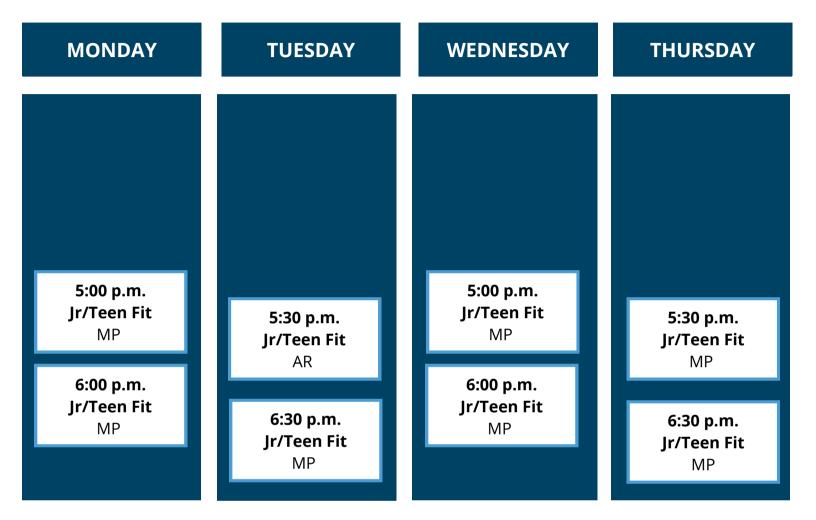


## Youth Fitness Classes 2024



**Junior/Teen Fit** is designated to introduce youth ages 9-18 to stretching routines, exercise equipment, proper techniques and an overall knowledge of fitness. Classes may feature timed challenges, workout stations and the use of both conventional and non-conventional equipment. Our goal is to get our youth moving and have fun at the same time!

AR: Aerobics Room
MP: Multipurpose Room