



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CLUB Y.M.C.A. FOR KIDS



Monday

4:15-4:30 Drop off –Community Room
4:30-6:00 **Mind & Body Studio-Fitness Games**
6:00-6:30 Teen Center

Tuesday

4:15-4:30 Drop off –Community Room
4:30-5:15 **Gymnasium** or
Kids Dance w/ Felix
5:15- 6:00 **Racquetball Court – Games**
6:00-6:30 Teen Center

Wednesday

4:15-4:30 Drop off –Community Room
4:30-5:00 **Mind & Body Studio**
Yoga/Music
5:00-6:00 **Gymnasium**
6:00-6:30 Teen Center

Thursday

4:15-4:30 Drop off –Community Room
4:30-5:15 **Cycle Studio-Kids Cycle**
5:15- 6:00 **Racquetball Court – Games**
6:00-6:30 Teen Center

FREE/On-Site Members*

*Fee will be charged for Members off-site

Monday-Thursday

4:15pm-6:30pm

Kindergarten – Age 12

PARENTS

Please Sign In Kids with Instructor
Upon Arrival

*Check the dry erase board in front of the
Community Room for specific location daily*

Please bring water and wear tennis shoes
Pick up after 6:00pm is in the Teen Center

Youth BeastMode Class Ages 10-14

Wednesdays & Thursdays 4:00-5:00pm

BeastMode Box Functional Training Center

Parent's must Register Athlete with Coach

