



YOUTH BEASTMODE CLASS

Ages 10-14

Wednesdays 3:00-4:00pm

Parent's must Register Athlete with Coach

**Meet at the benches in front of the
Racquetball Courts**

Free for Members

Fitness – Fun and Challenging

The emphasis of this class is on body weight exercises and basic fitness skills to reach goals, build confidence and develop healthy habits that can make a positive difference for life!