

YOUTH CROSS TRAINING

- Ages 10-14
- Wednesdays 4:00-5:00
- Meet at the benches in front of the Racquetball Courts
- Instructor: Gary Leach
- Free for Members
- Parents need to sign in first time participants



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!