



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUTH FITNESS CLASS

Our youth fitness class includes fun intervals to keep your child moving for 20+ minutes followed by 20+ minutes of Sport related exercises followed by relaxing youth yoga and stretching.

Our youth class conveniently runs at the same time as our HIIT class on Tuesdays to allow parents to complete their workout while their child is getting active as well. This class starts at 5:00pm to give parents time to get to HIIT which starts at 5:15pm or get to the fitness room. Bring your own yoga mat & water bottle.



WHO: Youth ages 9-15

WHEN: Tuesdays and Thursdays May 2, 7, 9, 14, 16, 23, & 30

NO CLASS Tuesday May 21 & 28

TIME: 5:00pm-6:15pm

WHERE: Superior YMCA Racquetball Court

COST: Member- FREE Non-Member - \$10 PER CLASS

**Superior Douglas County Family YMCA 9 N 21st St Superior, WI 54880
715-392-5611 www.superiorymca.org**