



**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 35 minutes followed by 30 minutes of 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.



Sign your child up today!

Min of 10, Max of 15 participants.

**AGES 9-15**

**Tuesday, November 6, 13, 20, & 27th 5:00pm-6:15pm in the Racquetball Court**

**\$25/month/child**

For more information contact Jen: [jrosnau@superiorymca.org](mailto:jrosnau@superiorymca.org), 715-392-5611

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