



# FUN FIT & GROW

## YOUTH & TWEEN FITNESS SCHEDULE NORTH AREA FAMILY YMCA

2017  
March 6-April 30

Monday	Ages	Class	Studio
5:00 - 8:00 pm	Ages 5*-14	Power Zone	PreK
Tuesday		Class	Studio
5:45 - 6:30 pm	Ages 4+	Kids Dance Program	MPR
5:00 - 8:00 pm	Ages 5*-14	Power Zone	PreK
Wednesday		Class	Studio
9:30am—10:15am	Ages 2+	Mini Me in Motion (no class on April 19th)	Gym A
5:00 pm - 8:00 pm	Ages 5*-14	Power Zone	PreK
Thursday		Class	Studio
5:00 pm - 8:00 pm	Ages 5*-14	Power Zone	PreK
6:00 pm - 8:00 pm	Ages 8-11	Family Wellness in Fitness Center (Access to Cardio Equipment w/a parent)	Fitness Center
Friday		Class	Studio
9:30am - 10:15am	Ages 1-2	Mommy & Me 2 (with parent or guardian)	MPR
5:00 pm - 8:00 pm	Ages 5*-14	Power Zone	PreK
6:00 pm - 8:00	Ages 8-11	Family Wellness in Fitness Center (Access to Cardio Equipment w/a parent)	Fitness Center
Saturday		Class	Studio
12:00 pm - 6:00 pm	Ages 8-11	Family Wellness in Fitness Center (New Hours) (Access to Cardio Equipment w/a parent)	Fitness Center
Sunday		Class	Studio
12:00 pm - 5:00 pm	Ages 8-11	Family Wellness in Fitness Center (New Hours) (Access to Cardio Equipment w/a parent)	Fitness Center

\*\* Power Zone: 5 year old must be registered into prime time and escorted by Prime time staff

**SAVE THE DATE:**  
**Family Fun Night**  
**March 25, 2017**  
**6pm—8pm**  
**More information to come**