

YOUTH

Intro to Fitness



FLEXIBILITY

STRENGTH

CARDIO

JUNE 16TH - JUNE 25TH
TUES & THURS | 1 - 2P

ATTENDEES 6TH GRADE & ABOVE WILL LEARN HOW TO CREATE A WORKOUT ROUTINE USING WARM UP STRETCHES, PUSHUPS, SQUATS, JUMP ROPE & MORE!

\$10 PER CLASS

DODGEBALL, NERF BATTLES, OR ARCHERY TAG AFTER EACH WORKOUT.

COURT SHOES, WORKOUT ATTIRE & WATER BOTTLE ENCOURAGED



For more information call 775-782-5500 Ext. 1