

INVER GROVE HEIGHTS PARKS & RECREATION Youth Fitness Programs



Sept.-Dec. 2026

ZUMBA KIDS

This class features kid-friendly dance routines based on original Zumba® choreography with games and activities that include exploration of cultural elements.



Ages 5–10

Wednesdays
5:30–6:20 p.m.

SESSION 2
Nov. 4–Dec. 23

Register by Oct. 28
Code: FP-F40-11



Session fee: \$50 member · \$90 non-member (eight 50-minute classes)

YOUTH INSTAFIT

Ages 7–11

Increase balance, endurance, speed, agility and strength. Class will infuse cardio with resistance and core exercises!

Mondays
5:30–6:20 p.m.

SESSION 2
Nov. 9–Dec. 28

Register by Nov. 2
Code: FP-F40-21



Register today!

ighmn.gov/Fitness

651-450-2480 · Scan QR Code

VETERANS MEMORIAL COMMUNITY CENTER - 8055 BARBARA AVE

Contact Katelyn Brown for more information: 651-554-3426

****This activity is not sponsored by ISD 199**

