



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

HUNTERDON COUNTY YMCA  
 DEER PATH YOUTH FITNESS CLASSES  
 WINTER 2018-2019

# YOUTH FITNESS CLASS SCHEDULE

(Ages 7 to 12 years old) Free with a Full Family Membership  
 Program/Non-Members \$50 for 10 Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EXPLOSIVE POWER 5:00pm-6:00pm	BOOT CAMP 5:00pm-6:00pm	LOW IMPACT CARDIO 5:00pm-6:00pm	UPPER / LOWER BODY BLITZ 5:00pm-6:00pm	CIRCUIT TRAINING 4:00pm-5:00pm
FIT & FLEXIBLE 6:00pm-7:00pm	BODY BLITZ 6:00pm-7:00pm	CARDIO CLUB 6:00pm-7:00pm	STRONG TO THE CORE 6:00pm-7:00pm	EXPLOSIVE POWER 5:00pm-6:00pm

## YOUTH FITNESS CLASS DESCRIPTIONS

### BOOT CAMP

Class begins with cardio warm-up, then alternates between stations to improve endurance and strength while having fun.

### CARDIO CLUB

Learn a variety of fun ways to get a great cardio workout with drills and games to get your heart pumping.

### CIRCUIT TRAINING

Safe and effective workout performing bodyweight exercises and using strength training tools like bands, free weights and more.

### EXPLOSIVE POWER

Improve speed and agility with this high energy class to increase fitness levels and develop current and future athletes.

### FIT & FLEXIBLE

Improve strength and flexibility with this fun mix of stretching exercises and movements.

### LOW IMPACT CARDIO

Experience the fun of low-impact cardio machines in the Fitness Center (e.g., ellipticals and cycles). Class size is limited. Children under the age of 12 are allowed in the Fitness Center with their instructor for this class; otherwise, children must be 12 years or older to work out in the Fitness Center.

### UPPER/LOWER BODY BLITZ

Class is broken up into 30 minutes segments - first half focuses on building a stronger and stable upper body and second half focuses on leg work. Both segments use bodyweight, hand weights, steps and bands.

### STRONG TO THE CORE

Strength training focused on developing good posture and a strong core using band, light weights and slow, controlled movements.

For your child to have a positive and safe fitness experience, please have them wear comfortable sneakers, loose clothing they can move in and bring a water bottle.

Any questions, please contact Carmen Farrand, Fitness and Wellness Program Coordinator at:  
 (908) 782-1044 ext 4919 or cfarrand@hcmca.org