



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HUNTERDON COUNTY YMCA
DEER PATH YOUTH FITNESS CLASSES
SUMMER 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
OUTDOOR FUN 5:00pm-6:00pm	BOOT CAMP 5:00pm-6:00pm	OUTDOOR FUN 5:00pm-6:00pm		OUTDOOR FUN 4:00pm-5:00pm
FIT & FLEXIBLE 6:00pm-7:00pm	STRONG TO THE CORE 6:00pm-7:00pm	CARDIO CLUB 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.

OUTDOOR FUN

Instructor's choice of outside cardio game.

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. Classes will be held inside in the event of inclement weather.

Any questions, please contact Carmen Farrand, Fitness and Wellness Program Coordinator at: