



## SEPTEMBER YOUTH CLASS SCHEDULE

### MONDAY

4:45-5:30pm	ZUMBAatomic (Main Studio)	School Age	Brittany
5:15-6:00pm	Cardio Circuit (Cardio Deck)	Ages 10-15	Charles

### WEDNESDAY

4:45-5:30pm	Stretch & Sketch Yoga (Eden)	School Age	Geleene
5:15-6:00pm	Strength Circuit (Fitness Floor)	Ages 10-15	Charles

### SATURDAY

10:10-10:40am	Family Gravity (GTS)	Ages 7 and up	Matt
11:15-12:00pm	All Stars Zumba (Main Studio)	Kids of all ages	Tiffany

## CLASS DESCRIPTIONS



**All Stars/ZUMBAatomic** Zumba is a fusion of Latin and International music with routines that create a dynamic, fun exercise class for kids of all ages.



**Family GRAVITY** is a program designed specifically for the entire family! Introductory level GRAVITY is taught to kids and adults can have a more challenging workout at the same time.

**Cardio Circuit** Youth learn proper, safe use of equipment; treadmill, bikes, rowers, Jacobs ladder, etc. Some classes may be held outside; walking, jogging, agility drills, and obstacle course. Meet in the front lobby.

**Strength Circuit** Youth will learn proper form on appropriate pieces of strength equipment. Some classes maybe held off the floor using stability balls, body weight exercises, light weights, and tubing.

**Stretch & Sketch** These classes consist of yoga based exercises, followed by imagery, drawing, and creative writing activities.

### Parent's Night Out!

First Friday of every month.  
Kids will enjoy pizza, games,  
and much more! 6-9pm  
\$20 first child, \$5 each additional child

### Kids Fit Hours:

Mon-Thurs	8:30am-12:30pm & 4:00pm-7:30pm
Friday	8:30am-12:30pm & 4:00pm-7:30pm
Saturday	8:30am-12:30pm

All classes are subject to change or cancellation.  
For additional information call 772-567-1400.  
[www.thejungleclub.com](http://www.thejungleclub.com)