



# YOUTH FIT ZONE SCHEDULE

**Effective February 2018**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
<b>4:00 PM</b>	ACTIVE WARM UP	FLEXIBILITY & MOBILITY TRAINING	CORE WORKOUT	ACTIVE WARM UP	ACTIVE WARM UP	<b>9:00AM</b>	RISE & SHINE CIRCUIT STATIONS	
<b>4:30 PM</b>	UPPER BODY PUSH/PULL	<b>YFZ JUMP!</b> (UPPER SPORTS ZONE)	<b>YFZ SPIN</b> (SPIN ROOM) 4:30 -5:15	SPEED & AGILITY	LOWER BODY	<b>10:00AM</b>		CLOSED
<b>5:00 PM</b>	<b>ANIMAL ACT</b> (TRACK TURF)	FITNESS GAMES	<b>BUBBLE BALL PLAY</b> (TRACK TURF) 5:15- 6:15	FITNESS GAMES	YFZ OBSTACLE COURSE	<b>11:00AM</b>	MIX IT UP!	CLOSED
<b>5:30 PM</b>		WORKOUT OF THE DAY						
<b>6:00 PM</b>	<b>CIRCUIT BREAKER</b> (GROUPX) 6:00-6:45	FITNESS GAMES 6:00-6:45	FITNESS GAMES 6:15-7:00	FLEXIBILITY & MOBILITY TRAINING	WORKOUT OF THE DAY	<b>12:00PM</b>	CLOSED	CLOSED
<b>6:30 PM</b>		COOL DOWN			<b>SPORTS ZONE FIELD GAMES</b> (UPPER SPORTS ZONE)			
<b>7:00 PM</b>	FITNESS GAMES 6:45-7:30	HIIT TRAINING	WORKOUT OF THE DAY	WORKOUT OF THE DAY	FITNESS GAMES	<b>1:00PM</b>	CLOSED	CLOSED
<b>7:30 PM</b>	WORKOUT OF THE DAY	WORKOUT OF THE DAY	FITNESS GAMES	FITNESS GAMES				
<b>8:00 PM</b>	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	<b>2:00PM</b>	CLOSED	CLOSED
<b>6:30 PM - 9:00 PM</b>	Fun Fit Night- March 16 & April 20							

**All Classes take place in Youth Fit Zone unless otherwise indicated**  
**Shading indicates NEW class format or NEW class time**

Active Warm Up	Warm up your muscles with fun and easy muscle movements and stretches. Designed to get your blood flowing and prep you for activities!
Kids AMP*D	Get AMP*D UP! A high energy class includes using all your muscles combined with exciting cardio games to get your heart PUMPING.
BubbleBall Play	Get ready to BOUNCE. Bubble Ball is Soccer mixed with a fun high cardio workout.
Animal Act	Get on the ground and get fit like an Animal! This unique class incorporates body weight movements primarily on the ground to increase flexibility, mobility, strength, and endurance while having fun!
Lower Body Training	Lower body workout that sets the foundation for balance and strength necessary to move more efficiently every day!
YFZ Jump!	High energy & heart pumping cardio intervals on individual trampolines that increase core strength, burns calories, and you'll be flying!
YFZ Spin	Indoor cycling class focusing on endurance, strength, intervals, and recovery. Pedal your way into fitness.
Mix it Up!	Coaches' choice! A mixed up variety of YFZ fitness games and circuits
Obstacle Course	A fun series of challenging physical obstacles in a timed and structured circuit. Includes running, jumping, crawling and balancing.
YFZ Fitness Games	Fun and exciting games using different fitness equipment; ropes, balance balls, bands, and much more.
HIIT Training	Push your limits and get your heart pumping and body moving with 'High Intensity Interval Training' exercises followed by short resting periods.
Upper Body Push/Pull	Complete upper body for EVERYbody! This class focuses on the back, shoulders, chest, biceps and triceps using push and pull movements. Examples include rope pull, TRX row, bicep curls, body weight push-ups, cable machine press and bench press.
Circuit Breaker	A total body workout circuit designed to build strength, balance, agility, flexibility and coordination! Total Body for EVERY Body!
Flexibility & Mobility Training	Combine basic flexibility and balance exercises to increase agility, balance and speed.
Rise & Shine Circuit	Wake up and get going circuit. Typically involves up to 10 different exercises done for 3 rounds. Involves all aspects of the YFZ daily training programs.
Sports Zone Field Games	Variety of field games on our turf. Capture the flag, dodge ball, relay races, and more!
Speed and Agility	Learn the FUNdamental training techniques to improve athletic performance. The class involves quick acceleration & deceleration drills while moving in different directions. Improve balance, power and speed!
Workout of the Day	Each day will be a different workout focusing one of the fundamental training for upper body or, flexibility & mobility or, Speed & Agility. Coaches choice!
Fun Fit Night	A variety of activities games and sports. Themes will be announced monthly. Annual Contractual YFZ Members are eligible to use Free Fun Fit Night Passes on account. YFZ Member \$10. Guests Welcome - \$20. <i>Complimentary guest passes are not accepted.</i>

<b>Club Hours</b>	
Monday – Thursday	4:30am – 11:00pm
Friday	4:30am – 10:00pm
Saturday/Sunday	6:00am – 6:00pm / 6:00am – 4:00pm
<b>Youth Fit Zone Hours</b>	
Monday - Friday	4:00pm – 8:00pm
Saturday	9:00am – 12:00pm
Sunday	Closed