



YOUTH FIT ZONE SCHEDULE

Effective November, 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
4:00 PM	ACTIVE WARM UP	ACTIVE WARM UP	ACTIVE WARM UP	ACTIVE WARM UP	ACTIVE WARM UP	9:00AM	WORKOUT OF THE DAY	
4:30 PM	UPPER BODY PUSH/PULL	TRAMPOLINE (UPPER SPORTS ZONE)	BUBBLE BALL (SPORTS ZONE) 4:30-5:30	SPIN (SPIN ROOM)	TONE IT UP	10:00AM	FITNESS GAMES	CLOSED
5:00 PM	ANIMAL ACT (TRACK TURF)	FITNESS GAMES		FITNESS GAMES	FIELD DAY GAMES (UPPER SPORTS ZONE)	11:00AM	HIIT TRAINING	CLOSED
5:30 PM								
6:00 PM	CIRCUIT BREAKER (TRACK TURF) 6:00-6:45	WORKOUT OF THE DAY 6:00-6:45	WORKOUT OF THE DAY 6:00-6:45	WORKOUT OF THE DAY 6:00-6:45	WORKOUT OF THE DAY 6:00-6:45	12:00PM	CLOSED	CLOSED
6:30 PM								
7:00 PM	FITNESS GAMES 6:45-7:30	CORE & MORE 6:45-7:30	FITNESS GAMES 6:45-7:30	FLEXIBILITY & MOBILITY TRAINING 6:45-7:30	FITNESS GAMES 6:45-7:30	1:00PM	CLOSED	CLOSED
7:30 PM	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED			
6:30 PM - 9:00 PM		Fun Fit Night IS BACK!- November 16 . December date to be announced						

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!
Animal Act	Get on the ground and get fit like an Animal! This unique class incorporates body weight movements primarily on the ground the increase flexibility, mobility, strength, and endurance while having fun!
Bubble Ball	Get ready to BOUNCE. Bubble Ball is Soccer mixed with a fun high cardio workout.
Core & More	Strengthen your center of control! A core workout to help develop the most important muscles in the body while improving balance and overall mobility.
Lower Body Training	Lower body workout that sets the foundation for balance and strength necessary to move more efficiently every day!
Trampoline	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.
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.
Sports Zone Field Games	Variety of field games on our turf. Capture the flag, dodge ball, relay races, and more!
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. <i>YFZ Member \$10. Guests Welcome - \$20. Complimentary guest passes are not accepted</i>

Club Hours	
Monday – Thursday	4:30am – 11:00pm
Friday	4:30am – 10:00pm
Saturday/Sunday	6:00am – 6:00pm / 6:00am – 4:00pm
Youth Fit Zone Hours	
Monday - Friday	4:00pm – 7:30pm
Saturday	9:00am – 12:00pm
Sunday	Closed