

# ACTIVATE SUMMER 2022 KID SUMMER CLASSES

DAYS	TIMES	CLASS / AGE	INSTRUCTOR	LOCATION
Monday	9:15 am	Fun & Fit 6 to 10 years	Jeanette	Y South
Monday	4:00 pm	Teen Strength Training 12 + years	Anshul	Fitness Center
Monday	5:30 pm	Zumba Jr. 6 to 12 years	Alex	Y South
Tuesday	9:00 am	Steam* 3 to 5 years	Aimee	Room C
Tuesday	4:30 pm	Pound Jr. 6 to 12 years	Shannon	Y South
Tuesday	5:30 pm	Youth Karate* 5 to 11 years	Meagan	Y South
Wednesday	9:00 am	Discovery Playgroup* 3 to 5 years	Aimee	Room C
Wednesday	4:00 pm	Teen Strength Training 12 + years	Brandon	Fitness Center
Wednesday	5:30 pm	Zumba Jr. 6 to 12 years BEGINNING JUNE 22	Alex	Y South
Thursday	9:00 am	Music and Me 1 to 5 years	Aimee	Room C
Thursday	5:30 pm	Youth Karate* 5 to 11 years	Meagan	Y South
Friday	9:15 am	Fun & Fit 6 to 10 years	Jeanette	Y South



**JOIN US  
THIS SUMMER**

**JUNE 13 to  
AUGUST 5**

**Summer classes are free to members!**

We also offer a variety of additional programs such as swim lessons, swim teams, cooking, crafts, etc. Paid programs are indicated by an asterisk (\*).

See our group exercise and swim lesson schedules for complete youth activity listing.