



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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 13 + years	Anshul	Fitness Center (Meet in Studio 2)
Monday	5:30 pm	Zumba Jr. 6 to 12 years	Alex	Y South
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 13 + years	Brandon	Fitness Center (Meet in Studio 2)
Wednesday	5:30 pm	Zumba Jr. 6 to 12 years	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.