



We build strong kids, strong families, strong communities.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:00 pm	Youth Sports Fitness Training	Martial Arts Fusion	Youth Sports Fitness Training	Martial Arts Fusion	Teen Activity Center	
4:30 pm						
5:00 pm	Youth Dance	Kid Fit!	Youth Dance	Kid Fit!	Teen Activity Center	
5:30 pm						
6:00 pm	Family Studio Cycling	Family Yoga	Family Circuit Training	Family Yoga	Family Arts Class	
6:30 pm						
7:00 pm	<h1>Teen Activity Center</h1>					
7:30 pm						

Sacramento Area YMCA Youth Fitness Schedule Class Descriptions

Family Studio Cycling:

This is a non-impact fitness and athletic training class conducted on a stationary cycle using a variety of music. The focus is on strength and endurance training.

Ages: 8 and older

Martial Arts Fusion:

Using the HOPSports Interactive Training System, participants will learn a variety of martial arts, emphasizing exercises for strength, cardio and flexibility.

Ages: 7-16

Family Yoga:

Incorporates fun body stretches, strength development through muscle control, relaxation and strengthening of the family relationship.

Ages: 6 and older

Teen Activity Center

An opportunity for teens to hang out, do homework, play games and meet new friends!

Ages: 11-17

Dance:

Hip Hop, Jazz, Modern, and Breakdance instruction using the HOPSports Interactive Training System will teach participants beginner-level movement patterns.

Ages: 7-16

Kid Fit!

Kids will get fit in this fun and exciting strength and endurance class, which uses the HOPSports Interactive Training System to engage kids in fun fitness activities.

Ages: 7-16

Family Arts:

Fridays are a day for families to enjoy some time getting creative together in this fun weekly arts program.

Ages: 6 and older

Youth Sports Fitness Training:

A training class designed to prepare young athletes for a variety of sports. Includes cardio and strength training and sports skills training.

Ages: 7 and older

All Youth Fitness Classes are included in the cost of a **YMCA Family Membership**.

YMCA Youth Member Rate: \$25 per month

YMCA Non-Member Rate: \$85 per month

Youth Fitness Classes begin January 19th!