



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THE Y KIDS FITNESS PROGRAM

Here at the Y, we believe that kids should be involved with positive exercise and fitness activities—to learn the importance of being active and developing healthy habits—from an early age.

The Y Kids Fitness Program puts kids in charge of their own physical fitness and well-being, while educating and empowering them to make healthy choices that last throughout a lifetime. Youth can become physically stronger, have more endurance, and experience a sense of joy and fun through participation.

The Y Kids Fitness classes will instill healthier habits and a fun approach to physical activity, setting youth on a better path to become confident kids today and healthier, happier grown-ups tomorrow.

QUESTIONS?

Mandi Leicht
 Coordinator
 The Y Kids Fitness Program
mleicht@ryallymca.org



CLASS ATTENDANCE

There is no need to register... just show up! Classes are free for members with Premium Memberships. Those with Basic Memberships can upgrade to Premium and attend unlimited classes for just \$10 per month.

NOT A MEMBER? NOT A PROBLEM! Pay \$5 per class to attend or purchase a 10-visit punchcard for \$50.

OCTOBER CLASS SCHEDULE

*Schedules will be released monthly. Look for new offerings to be added to the rotation!

MONDAYS 5:30–6:30 p.m.		WEDNESDAYS 4:30–5:30 p.m.	
Oct. 3	Train Like A Ninja (Mandi and Mark)	Oct. 5	Bootcamp (Patti)
Oct. 10	Zumba (Mandi)	Oct. 12	Hockey Hot Shots (Mark)
Oct. 17	20/20/20 (Mandi)	Oct. 19	Bootcamp (Patti)
Oct. 24 *5–6 p.m.*	Nerf Frenzy (Mandi and Mark)	Oct. 26	Pumped Up P.E. (Mark)

20/20/20 – It may look like a math equation, but this class adds up to a lot of fun AND a great workout with 20 minutes each of cardio, strength and supervised play.

BOOTCAMP – The Y Drill Sergeant will test youth—keeping them in constant motion and working their entire body. Challenges change up to keep interest and energy peaked.

HOCKEY HOT SHOTS – Shoot and score! Kids will hone hand-eye coordination, and increase strength and balance.

NERF FRENZY – Kids will dart, dodge, run and dive through obstacles for an exciting cardio workout, armed with Nerf items to deter competitors.

PUMPED UP P.E. – Everyone’s favorite P.E. games and sports will keep kids entertained and moving.

TRAIN LIKE A NINJA – Ninjas are stealth, strong, flexible and fast. Participants will be pushed through a workout that’ll exercise their body and mind to train like warriors.

ZUMBA – Kids will have so much fun moving to the music, they won’t realize they are exercising as they learn the Salsa, Cumbia and more.