



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Young At Heart

August Schedule
Tuesdays & Thursdays
11:30 am – 12:30 pm

Tuesday August 2

Strong & Balanced – Strengthen and tone as you find your center of balance.

Thursday August 4

Wellness Track – A circuit class incorporating strength, cardio and balance exercises designed to tone the whole body.

Tuesday August 9

Cardio Pump – A combination of cardiovascular and strength training

Thursday August 11

Pump It Up! – We will enjoy an entire class focused on strength training.

Tuesday August 16

Zen – Experience peace of mind through gentle Yoga and Stretching movements.

Thursday August 18

Dance N' Tone – Burn some calories and tone your muscles while revisiting popular dance songs.

Tuesday August 23

Fit Ball Challenge – Challenge yourself with strength and toning moves using a Fit Ball

Thursday August 25

Beat It! – Challenge your rhythm and coordination as we drum on the Fit Ball.

Tuesday August 30

20/20/20 – This fun workout includes 20 minutes of cardio, 20 minutes of strength training and 20 minutes of stretching.