



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Young At Heart February Schedule Tuesdays & Thursdays 11:30 am – 12:30 pm

*Tuesday Feb 2*

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

*Thursday Feb 4*

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

*Tuesday Feb 9*

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

*Thursday Feb 11*

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

*Tuesday Feb 16*

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

*Thursday Feb 18*

**Zumba Gold** – Easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong!

*Tuesday Feb 23*

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

*Thursday Feb 25*

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