FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY LIFESTYLES START HERE

Small Group Training | October 4 – November 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Group Cycle **6:00-6:45 p.m.** **Sheila** **$40/$80 (5 weeks)** **$10/$20 (per class)**		**Youth Fitness & Conditioning** **6:30-7:15 p.m.** **Becca** **$7/$14 per class**		

Drop-In Spots now available for Cycling Classes!!

Group Cycle: A challenging 45 minute ride that will combine strength and endurance components associated with cycling. All levels welcome.

Youth Fitness & Conditioning: A fun small group training class ideal for ages 10-13 years old and of all abilities. Kids can work up a sweat in a positive, high-energy environment. Participants will go through a conditioning cycle of a healthy warm-up, cardio, strength, and flexibility activities that will help them build endurance, develop strong muscles and bones, and reduce stress.

MORRIS COMMUNITY YMCA
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In partnership with MORRIS HOSPITAL & HEALTHCARE CENTERS