



# Fit-Fun for Youth!



## Join fitness instructor Jenny Albin for some fitness FUN!!

Each class will include warm-up exercises, strength training, cardio/endurance training and stretching, all within a fun format!

Our youth training will focus on providing a developmentally appropriate fitness program to help children stay active, agile, strong and healthy. Regular exercise can also help prevent injuries during general play and sports.

### Ages 8-14

Tuesdays 5:00 - 5:45 PM

Thursdays 5:00 - 5:45 PM

Sign-up for one or both days!  
(Additional Classes may be added)

Sign-up online:



Location: UGX Studio

30 Oak Street, behind Kids Club

\*Session 1 offered at a special discounted rate.

Cost per class is \$14 for Fitness Members and \$18.50 for Tennis/Swim Members and Non-Members.

Session cost based on signing up for one class per week.

\*\*Session fee will be prorated if class falls on a holiday.

Session 1: 9/5-10/29 (8-wks)	M \$90*	NM \$108*
Session 2: 10/30-12/23 (8-wks)	M \$112	NM \$148**
Session 3: 1/2-3/17 (10-wks)	M \$140	NM \$185
Session 4: 3/18-6/6 (11-wks)	M \$154	NM \$203.50

Non-members, please call 508-366-1222 to begin the registration process.  
Minimum of 5 participants per group.