

YOUTH FITNESS MARCH

Mon.	Tues.	Wed.	Thurs.	Fri.
Hoops 4:00 -6:00	Hoops 4:00 - 6:00	Hoops 4:00 - 5:00	Hoops 4:00 - 6:00	Basketball 4:00 - 5:00
Surf's Up 6:00 - 7:00	Junior Yoga 4:30 - 5:15 *ages 8-14	AFF Recess 5:00 - 6:00	Surf's Up 6:00 - 7:00	Kickball 5:00 - 6:00
ZumbAtomic 6:30 - 7:00	Surf's Up 6:00 - 7:00	Surf's Up 6:00 - 7:00	ZumbAtomic 6:30 - 7:00	Surf's Up 6:00 - 7:00
Kids Strive 7:30 - 8:00	Kids Strive 7:30 - 8:00	Fit Kidz (See Fitness)	Fit Kids (See Fitness)	

"Youth Fitness Guidelines"



Sat.	Sun.
Hoops 9:00 - 10:00	Hoops 9:00 - 11:00
Surf's Up 11:00 - 12:00	Gymnastics 11:00 - 12:00

POOL PLAY is now "SURF'S UP"



- A new fun & exciting
Zumba class for kids.
* ages 4 & up

"FIT KIDZ" - program allows children ages 9 to 14 years old to workout on weight machines. Program available anytime. Please see Fitness staff for info.