



FEB 27—APRIL 4

YOUTH FITNESS FOR 7TH AND 8TH GRADERS

With Rachel Luetke

This class is designed to teach the basic essential knowledge around youth fitness.

The class will cover:

- ◆ Proper weight lifting
- ◆ Speed drills
- ◆ Agility
- ◆ Footwork and hand coordination
- ◆ Core strength
- ◆ Nutrition
- ◆ Endurance

All while having FUN!

Mon and Wed

3:30—4:30

Free for members

\$5.00 non-members

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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