

# Youth Activity Schedule

## Oct

Thursday, 2<sup>nd</sup> Racquetball  
Tuesday, 7<sup>th</sup> Circuit Training  
Thursday, 9<sup>th</sup> Volleyball  
Tuesday, 14<sup>th</sup> Core/Flexibility  
Thursday, 16<sup>th</sup> Agility Training  
Tuesday, 21<sup>st</sup> Basketball  
Thursday, 23<sup>rd</sup> Intro to Weights  
Tuesday, 28<sup>th</sup> Indoor Cycling  
Thursday, 30<sup>th</sup> Racquetball

## Nov

Tuesday, 4<sup>th</sup> Circuit Training  
Thursday, 6<sup>th</sup> Volleyball  
Tuesday, 11<sup>th</sup> Core/ Flexibility  
Thursday, 13<sup>th</sup> Agility Training  
Tuesday, 18<sup>th</sup> Basketball  
Thursday, 20<sup>th</sup> Intro to Weights  
Tuesday, 25<sup>th</sup> Indoor Cycling  
Thursday, 27<sup>th</sup> **NO CLASS**

## Dec

Tuesday, 2<sup>nd</sup> Racquetball  
Thursday, 4<sup>th</sup> Circuit Training  
Tuesday, 9<sup>th</sup> Volleyball  
Thursday, 11<sup>th</sup> Core/Flexibility  
Tuesday, 16<sup>th</sup> Agility Training  
Thursday, 18<sup>th</sup> Basketball  
Tuesday, 23<sup>rd</sup> Intro to Weights  
Thursday, 25<sup>th</sup> **NO CLASS**  
Tuesday, 30<sup>th</sup> Indoor Cycling

## Jan 2009

Thursday, 1<sup>st</sup> **NO CLASS**  
Tuesday, 6<sup>th</sup> Racquetball  
Thursday, 8<sup>th</sup> Circuit Training  
Tuesday, 13<sup>th</sup> Volleyball  
Thursday, 15<sup>th</sup> Core/Flexibility  
Tuesday, 20<sup>th</sup> Agility Training  
Thursday, 22<sup>nd</sup> Basketball  
Tuesday, 27<sup>th</sup> Intro to Weights  
Thursday, 29<sup>th</sup> Indoor Cycling

Youth Fitness activities will be offered every Tuesday and Thursday from 4-4:30 and 4:30-5pm. This activity is staffed with MSAC instructors. Our goal is a variety of physical activities and fitness options. Dress in athletic wear including sneakers. Eye protection is recommended for racquetball. Children ages 13+ must be included on a family membership.