

Youth "How To" Drop-In Schedule

- September 28 - Bodyweight Exercises. 6:30 to 7:30pm. Ages 12 to 17.
- October 5 - Gym Tutorial. 6 to 7pm. Ages 13 to 17.
- October 12 - Upper Body Weights. 6:30 to 7:30pm. Ages 12 to 18.
- October 19 - Kettlebell. 6:30 to 7:30pm. Ages 13 to 18.
- October 26 - Core Workout. 6:30 to 7:30pm. Ages 12 to 18.
- November 2 - Upper Body Weights. 6:30 to 7:30pm. Ages 12 to 17.