

Youth "How To" Drop-In Schedule

- January 18 - Circuits. 6:30 to 7:30pm. Ages 12 to 17.
- January 25 - Free Weights. 6:30 to 7:30pm. Ages 13 to 17.
- February 1 - Lower Body Workout. 6:30 to 7:30pm. Ages 13 to 18.
- February 8 - HIIT (High Intensity Interval Training). 6:30 to 7:30pm. Ages 12 to 17.
- February 15 - Core Workout. 6:30 to 7:30pm. Ages 12 to 18.
- February 22 - Using Machines for Cardio Weights. 6:30 to 7:30pm. Ages 13 to 17.