



# Youth Fitness Schedule

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

updated December 2016

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>8:30 a.m. - 12 p.m.</b>				Wiggle & Giggle starts at 8:45 am		Youth Fitness Consultation (visit front desk)
<b>9:30 - 10 a.m.</b>		Wiggle & Giggle				
<b>11 - 11:30 a.m.</b>	Wiggle & Giggle					
<b>4 - 4:40 p.m.</b>		Active Kids		Active Kids		
<b>4:30 - 5:10 p.m.</b>	Zumba Tonic		Move & Groove			

### **Wiggle & Giggle**

Get the little ones moving with games, books, and fun. Perfect for the ages 2-5

Parents need not be present

Mondays 11-11:30 a.m. (Sprit Mind and Body Studio)

Tuesdays 9:30-10 a.m. (Sprit Mind and Body Studio)

Thursdays 8:45-9:15 a.m. (Sprit Mind and Body Studio)

### **ZumbaTomic**

A Zumba class geared toward children 4-9yrs. Old who love to dance.

Mondays 4:30-5:10 p.m. (Group Exercise Room)

### **Active Kids**

This high energy class will teach fundamentals of physical activity to children 4-9 years old.

Tuesdays 4-4:40 p.m. (Group Exercise Room)

Thursdays 4-4:40 p.m. (Group Exercise Room)

### **Move & Groove**

Get on your feet and move to the beat. For ages 4-9, this energetic and fun class combines music, exercise, and dance.

Wednesdays 4:30-5:10 p.m.

### **Youth Fitness Consultation (Ages: 10 – 14 years)**

Youth Fitness Consultation is a onetime strength training course that will prepare our young members for limited use of the wellness center.

The program teaches 8 – 14 year olds how to properly use the strength and cardio equipment, as well as flexibility exercise.

**JEEP ROGERS FAMILY YMCA**

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Our mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.