

Kids Group Fitness Classes

Ages 8-13

Maryland Farms YMCA Carol & Roy Elam Family Center

Schedules also on the web! www.ymcamidtn.org

4:00-4:45 pm

Monday – **Boot Camp**

* Group Fitness Studio

Tuesday – **BOSU/Jump**

* Racquetball Overlook

Wednesday – **Exergames**

*Group Fitness Studio

Thursday – **Boot Camp**

*Group Fitness Studio

Friday – **BOSU/Jump**

* Racquetball Overlook

- ▼ **Boot camp:** A fast paced cardio and strength training class that uses kids' own body weight as resistance. 45 min. of push ups, jumping jacks, sit ups and constant moving for an amazing workout like the Marines do it!
- ▼ **BOSU/Jump:** Jump, balance, bounce, and play on the BOSU for a total body workout. Working on the BOSU (half-ball) improves strength, balance, coordination.
- ▼ **Exergames:** A fun cardio workout using sports and group games to keep kids moving. Kids play and workout in groups to improve coordination and team work. Every class is different!
- ▼ **Be sure to wear comfortable clothing and tennis shoes**
- ▼ **Bring water! We will be sweating!**


of Middle Tennessee
One approach for spirit, mind and body

 **Saint Thomas
Health Services**