



YOUTH FITNESS INFORMATION

Creating Healthy Habits for Our Youth Members

Monday: 3:30 pm Strength Workout Class (Grades 5-8)

Wednesday: 3:30 pm Strength Workout Class (Grades 5 - 8)

Thursday: 6:30 pm Jr. Fit (Grades 1 - 4)

Friday: 4:00 pm Kid's Yoga (Grades 1 - 4) - starts on 10/18

Saturday: 11:20 am Youth Sword Fit (Grades 2 - 6)

More Ways to get Involved:

- Attending Fitness Classes: Ages 10 - 13 may join any class with a parent or guardian, subject to availability.
- Using Cardio Equipment: Ages 10-12 may use cardio equipment with a parent or guardian.
- Learning Strength Training: Ages 10-12 can learn to use the strength training machines in the Wellness Center with a parent or guardian present.
- Important Note: Before using the strength equipment, youth must complete 3 appointments with a trainer.



413-568-8631



www.westfieldymca.org



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YMCA of Greater Westfield

