

Kids & Teens Group Fitness Schedule



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:15-11:00am (L12) Kid's Boot Camp	4:00-4:30pm (FC) *GRAVITYouth/Teen		4:00-4:30pm (FC) *GRAVITYouth/Teen	4:00-4:30pm (FC) *GRAVITYouth/Teen	
11:00-11:45am (L12) Bar/Bat Mitzvah Boogie Class	4:00-4:30pm (1) Kid's Conditioning		4:00-4:30pm (1) Kid's Boot Camp 4:30-5:00pm (FC) *GRAVITYouth/Teen	4:45-5:30pm (2) Kid's ZUMBA Zumbatomic®	

Classes begin on Monday, April 9th

Kid's Boot Camp (ages 7-10): This program is designed with fun, creative games to make exercise fun for kids. The class includes cardio, muscular endurance, and flexibility.

Bar/Bat (Mitzvah) Boogie (ages 7-13): Get ready for all the Bar and Bat Mitzvah coming up by learning all the popular and fun dances. You will get to show off your new moves!

Kid's (cardio & strength) Conditioning Workout (ages 7-12): Whether you want a class for your little athlete or simply want your kid to be tired when they get home, this is the class for your child! Your child will work on cardio, strength, flexibility and coordination all in one class.

Kid's ZUMBA Zumbatomic® (ages 7-12): A fun and cool way for your child to keep fit without realizing they are doing it. Your child will learn Latin rhythms such as cha cha, meringue and salsa just to name a few by dancing to kid friendly songs and games that promote a healthy lifestyle!

***GRAVITYouth/Teen (tweens & teens):** GRAVITYouth, Tween, & Teen features a 30 minute group personal training session. It is a full body resistance training workout using their core. They will see improvements in strength, balance, and posture as well as flexibility and endurance. This class is suited for everyone; the athlete and the non-athlete alike.

***GRAVITYouth/Teen requires registration and fee.**

To register for GRAVITYouth/Teen, please contact Sharon Tobey at 973-530-3416 or stobey@jccmetrowest.org

Please note: all classes and instructors are subject to change.

Location grid: (1) Studio, (2) Studio 2, (FC) Fitness Center Floor, (L12) Lower Level Dance Studio



**Leon & Toby Cooperman JCC
Ross Family Campus**
 760 Northfield Ave, West Orange
 973-530-3400

For more information, please contact:
 Shannon Koenig, Group Exercise Director
 973-530-3514 | skoenig@jccmetrowest.org

Fitness Center Hours:
 Monday–Thursday: 5:30am–10:00pm
 Friday: 5:30am–6:00pm
 Saturday–Sunday: 7:00am–7:00pm

Kid Care Hours:
 Monday–Sunday: 8:00am–2:00pm
 Tuesday & Thursday: 5:00pm–8:00pm

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