

KIDS & TWEENS AGE APPROPRIATE FITNESS AGES 9 -12 @ JCC METROWEST

Day	Time	Class	Room
Tuesday	6:00pm - 6:45pm 7:00pm - 7:30pm	Fast & Furious Cycling Water Fit	Cycle Studio Messing Pool
Wednesday	6:00pm - 7:00pm	Fitness Fusion	Kids Fitness Center
Saturday	9:00am - 9:45am 10:00am - 11:00am	Yoga Circuit Training	Kids Fitness Center Kids Fitness Center

All classes are lead by certified trainers.

Tuesday

Fast & Furious Cycling - Pedal to the metal energetic cycling and music, no prior experience necessary.

Water Fit - We take fitness to the pool! Low impact core exercises with a splash!

Wednesday

Fitness Fusion - Lead by a certified instructor, kids use equipment fused with the bosu, body bars, battling ropes and planks. Kids will learn exciting exercises and correct form.

Saturday

Yoga - Yoga engages the mind and body to build strength, flexibility, balance, and self esteem.

Circuit Training - Kids will enjoy cardio drills, body weight exercises and core training while having fun.

GROUP PERSONAL TRAINING

Package	Session Length	Ages
Kids 'n Training (3 - 4 kids in a group)	4 - Week Program	9-12
Tandem Training (2 kids in a group)	4 - Week Program	9-12

JFit Jr. (8 week weight management program)

This program is designed for kids (ages 9 - 12) to help create a healthy balance of nutrition and exercise. Bi-weekly small group training sessions with age appropriate cardio and strength exercises. Cooking sessions with kid friendly recipes included.

Contact Sharon Tobey at stobey@jccmetrowest.org or 973-530-3407 for more information.



MetroWest

JCC MetroWest is a beneficiary agency of Jewish Federation of Greater MetroWest NJ.
We strive to ensure access and meaningful participation by all members of the community.

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