

GEMINI CENTER



WINTER TEEN FITNESS PROGRAMS



TEEN FITNESS CLASSES

TEEN GROUP CYCLING Ages 12 -15

Mondays 5:30pm

Fee: M RNM: \$16.00 NR \$20.00

Sessions Run Monthly Beginning January

Cycle classes accommodate all levels of fitness.

If your goal is to train for sports or to just shape up,
this class is for you! A great cycle ride with great tunes!

TEEN FIT Ages 12-15

Thursdays 7:00pm

.Fee: M RNM: \$16.00 NR \$20.00

Sessions Run Monthly Beginning January

A fun class that provides various fitness regimes such as Kickboxing,
Step, Agility, Strength, BOSU and more.

Great training for athletes as well as beginners.

Various levels are shown.

PRE-REGISTRATION IS REQUIRED

DEADLINE IS 2 DAYS PRIOR TO START OF CLASS

Eileen Ann Patton
Mayor

Timothy J Pinchek
Recreation Director

CALL 356-4444 FOR MORE DETAILS