

# Fit Youth



<b>March</b>		
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>
<b>5</b> 7:00pm <b>Wellness Pool</b> Brie	<b>6</b>	<b>7</b> 7:00pm <b>Wellness Pool</b> Kate
<b>12</b> 7:00pm <b>Wellness Pool</b> Brie	<b>13</b>	<b>14</b> 7:00pm <b>Wellness Pool</b> Kate
<b>19</b> 7:00pm <b>Wellness Pool</b> Brie	<b>20</b>	<b>21</b> 7:00pm <b>Wellness Pool</b> Kate
<b>26</b> 7:00pm No Class	<b>27</b>	<b>28</b> 7:00pm <b>Wellness Pool</b> Kate

These aquatic fitness classes are designed just for youth. This shallow water exercise class provides a great cardiovascular workout with reduced impact on your joints.

Ages: 10-14