

TEEN FITNESS

(Ages 13-18yrs)



2

Cross Train
Mon. & Wed.'s
6:30-7:30pm



0

Spin
Mon. & Wed.'s
4:30-5:30pm

Yoga
Tu. & Th.'s
4-5pm

1



Zumba
Fri.'s
4:30-5:30pm

5



Enrollment Begins November, 20th
Classes in Winter Recreator
www.fcgov.com/fitness