



Young Adult & Youth Fitness At The Gym of Montvale



Eight Week Program: \$150 Per Class Beginning September 14th!!!

	Monday	Tuesday	Thursday	Friday
4pm	<u>Boxing</u> Gina Grades 3-5 (8oz gloves required)	<u>Boxing</u> Gina Grades 6-8 (12oz gloves required)	<u>Boot Camp</u> Billy Grades 9-12	<u>Hip Hop</u> Cydney Grades 6-8
	<u>Yoga</u> Amy Grades 6-8 <u>4pm start</u>	<u>Yoga</u> Amy Grades 9-12 <u>4pm start</u>		<u>Hip Hop</u> Cydney Grades 9-12 <u>5pm start</u>
5:30pm		<u>Spin</u> Keri Grades 9-12		

Schedule & Description

Hip Hop - A high-energy class that uses the latest music together with movements influenced by some of today's hottest Hip hop. This class encompasses movement that has elements of poppin' & locking as well as freestyle movement to give students the opportunity to develop their own sense of style. **Students must wear sneakers, as well as comfortable clothing. NO JEANS!**

BOXING - This will help build self confidence, self esteem and self discipline. They will enjoy a wonderful learning experience while developing a positive attitude. Learn the basics in Boxing. How to Wrap Hands, combinations, mitts and glove work.

SPIN - It's the introduction of the basic elements of Spin. The instructor will teach the proper form and positioning on bike. Spin is a cardio-repository class great for all levels.

Boot Camp - Get FIT! This class is a total body workout that will whip you into shape! Athletic drills, agility movements, jump rope, cardio, dumbbells, resistance bands and medicine balls will be used as well as emphasis on proper posture, position and form.

YOGA - It's the introduction of the basic elements of Yoga. This class will focus on exercises designed to help physical and mental health..

YOUTH PROGRAM SHAKE SPECIALS

\$3.50 smoothies / \$4.50 Protein Shakes

*CLASSES SUBJECT TO CHANGE

Family Fitness DISCOUNT!!!

\$150 1st Class or 1st Child
\$125 Each additional class or child