



# Youth Fitness

Youth Fitness program offers kids 8-13 years of age many physical benefits associated with sports and fitness activities including balance and aerobic capacity. The fitness room has weight and cardio workout equipment geared for children and is supervised by qualified staff. Each child will receive an individualized workout to follow to meet the child's needs and goals. We also have a variety of group fitness classes including cardio, stretching, and resistance training. Youth Fitness is located in the Kidsports building at Ochsner Fitness Center. To sign up please speak with a membership representative and they will be glad to help you.

## Open Gym Hours:

Monday-Thursday 4PM – 7PM | Friday 4PM – 6PM

## Class Schedule and Descriptions

### MACHINE MONDAY

4:30PM – 5:15PM

### TRAINING TUESDAYS

4:30PM – 5:15PM **Circuit Training**

5:15PM – 5:45PM **Core Training**

### WELLNESS WEDNESDAYS

4:30PM – 5PM **Food Hunt**

5:15PM – 5:45PM **Back to Basics**

### TRIATHLON THURSDAYS

4:30PM – 5PM **Running**

5:15PM – 6PM **52 Card Shuffle**

### FITNESS RACE FRIDAYS

4:30PM – 5PM **Foot Work**

5:15PM – 6PM **Beat the Clock**