

Kids Sport & Rec.

Class	Day/Time	Capacity Min/Max	Cost	Dates	Instructor	Description
Youth Yoga (ages 10-16)	Mondays 4:15pm-5:15pm in GF studio	8/15	\$40/ 4 weeks (M) \$49(NM)	Sept 14- Oct. 5 No class Sept 28-will arrange a makeup class Oct 19- Nov 9	Andrea R.	60 min stretching and relaxation

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Teen Kickboxing (ages 10-16)	Tuesdays 4:15pm-5:15pm in GF studio	8/15	\$40/ 4 weeks (M) \$49(NM)	Sept 15- Oct. 6 Oct 20- Nov 10	April K.	60 min of cardio kickboxing and strength training for teens