

DEVELOP HEALTHY HABITS THIS FALL



Youth Fitness Programs (Ages 5-20)

SCHEDULE THROUGH DECEMBER 31						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Intermediate 2 4:30-5:30pm	Beginner 1 4:30-5:15pm	Intermediate 2 4:30-5:30pm	Jr. Strength & Conditioning 5-5:45pm		Beginner 1 9-10:00am
	Youth Boxing 5-5:45pm	Jr. Strength & Conditioning 5-5:45pm	Youth Boxing 5-5:45pm	Youth Boxing 5-5:45pm		Beginner 2 10-11:00am
	Fun & Fit 5-5:30pm	Youth Boxing 5-5:45pm	Intermediate 1 5:30-6:30pm	Intermediate 2 5:30-6:30pm		Youth Boxing 10-10:45am
	Intermediate 1 5:30-6:30pm	Intermediate 2 5:30-6:30pm	Elite Performance 6:30-8:00pm	Intermediate 1 6:30-7:30pm	Youth Boxing 5-5:45pm	
Program Key	Elite Performance 6:30-8:00pm	Intermediate 1 6:30-7:30pm		Elite Performance 6:30-8:00pm		
Sports Performance						
Youth Fitness						



**Sports
Performance**

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Join us to stay active, meet new friends, and build healthy habits!

Visit our website to learn more and register today!

Questions? Contact Ashley at ahalterman@crymca.org

**Youth
Fitness**

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