



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### Holistic Teen Warrior Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	
				Teen Lap Swim 4:00-4:45 PM	<b>Legend:</b> (S)- Studio
Teen Cardio Hour 3:30-4:45 PM	Teen Cardio Hour 3:30-4:45 PM	Teen Cardio Hour 3:30-4:45 PM	Teen Cardio Hour 3:30-4:45 PM	Teen Cardio Hour 3:30-4:45 PM	
	Lifeguard Prep 3:50-4:35 PM (P)(Offutt)		Lifeguard Prep 3:50-4:35 PM (P)(Offutt)		(G)- Gym
Teen Bootcamp 4:00-4:45 PM (G)(Offutt)	Teen Cardio Set 4:00-4:45 PM (CR) (Taj)	Teen Bootcamp 4:00-4:45 PM (G)(Offutt)	Teen Cardio Set 4:00-4:45 PM (CR) (Taj)	Teen Obstacle Course 4:00-4:45 PM (G)(Offutt)	(CR)- Cardio Room
		Teen Tai-Chi 4:00-4:45 PM (S)(Angela)			<b>Facility Hours:</b> M-F: 6:00 AM- 9:00 PM Saturday: 7:00 AM-6:00 PM Sunday: 8:00 AM-6:00 PM
		Holistic Teen Warrior 5:00-5:45 PM (S)(Offutt)			
					<b>All classes are for teens (ages 12-17). Please make sure to be registered before participating in any classes.</b>

