

# YOUTH FITNESS

We build strong kids, strong families, strong communities.

## July 2010 Schedule

Structured classes = Family workout time = Rock Wall =Healthy Family resources

**Registration is required for all Youth Fitness classes.  
Please see Member Services for monthly registration dates.**

### Youth Fitness Center Hours of Operation

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00pm-6:00pm <b>Fun &amp; Fit</b>	5:00pm-6:00pm <b>Fun &amp; Fit</b>	5:00pm-6:00pm <b>Fun &amp; Fit</b>	5:00pm-6:00pm <b>Fun &amp; Fit</b>	Closed	11:00-12:00pm <b>Fun &amp; Fit</b>
6:00pm-7:00pm <b>Fit Zone</b>	6:00pm-7:00pm <b>Fit Zone</b>	6:00pm-7:00pm <b>Fit Zone</b>	6:00pm-7:00pm <b>Fit Zone</b>		12:00pm-1:00pm <b>Fit Zone</b>
7:00-8:00pm <b>Open workout</b> Families with children ages 8-14 are welcome	7:00-8:00pm <b>Open workout</b> Families with children ages 8-14 are welcome	7:00-8:00pm <b>Open workout</b> Families with children ages 8-14 are welcome	7:00-8:00pm <b>Open workout</b> Families with children ages 8-14 are welcome		

Youth Fitness Center classes, Fun & Fit and Fit Zone are open to ages 8-14. Classes do require registration and will include fun cardio, circuit and strength training games, including time on the Wii, DDR and/or Rock Wall.

BURBANK COMMUNITY YMCA

Providing people of all ages lifelong opportunities to become stronger in spirit, mind and body.  
321 Magnolia Blvd. • Burbank, CA 91502-1132 • v:818.845.8551 • f:818.845.0785 • burbankymca.org

## ABOUT OUR YOUTH FITNESS CENTER

**(Ages 8-14)**

**Cost: Free with Membership**

**Location: 2<sup>nd</sup> Floor of YMCA main building**

This state of the art facility is one of very few in California featuring cardiovascular and strength equipment specifically designed for Youth 8-14 years of age. The center comes complete with treadmills, bikes, the Dance Dance Revolution® and the Wii Sports for a cardio work out. The strength machines and the rock wall target major muscle groups and assist with coordination and strength training. There are plenty of free weights, stability balls and jump ropes for overall body conditioning too. This structured program stresses cardiovascular conditioning and muscular strength which can decrease body fat, increase strength, and improve sports performance. Please see schedule for class times and registration.

## ABOUT OUR STATE OF THE ART EQUIPMENT

**DDR®** (Dance Dance Revolution) is a musically challenging game developed by Konami. The idea is to hit the correct panels on the dance-floor controller. You are scored on accuracy, and most avid players have managed to turn its foot stomping puzzles into complex dance moves. Even if you are not trying to show off, the DDR is a ton of fun!

**Wii Sports!** This challenging fitness workout is great for everyone at any level and will be incorporated into the Youth Fitness classes.

**The Rock Wall is here!** For the ultimate strength and conditioning workout come climb our rock wall. With mats and a spotter always in place, kids already enrolled in the youth fitness classes will be able to work on their strength and coordination in a fun and safe environment.

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## BURBANK COMMUNITY YMCA

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### FACILITY HOURS

Monday-Friday 5:30AM - 10:00PM  
Saturday 7:00AM - 6:30PM  
Sunday 12NOON - 5:00PM

### MEMBER SERVICES HOURS

Monday-Friday 8:00AM - 8:00PM  
Friday 8:00AM - 7:00PM  
Saturday 9:00AM - 6:00PM  
Sunday 1:00PM - 5:00PM

### SCHOLARSHIPS

Financial assistance applications are available at Member Services and/or burbankymca.org.