



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WINTER

JAN. 2 – FEB. 24

HEALTH AND WELLNESS

CLASS NAME	CLASS DESCRIPTION	MIN. AGE	MAX. AGE	LOCATION	TIME	DURATION	DAY	MEMBER	COMMUNITY
Youth Zumba®	Rockin', high-energy, choreographed, kid-friendly dance fitness class! Registration required.	7	12	Aerobics	4:30pm	50min	W	Free	N/A
Youth Yoga	Yoga is a fun way to develop balance, strength, and flexibility for body and mind. Children's concentration, self esteem and confidence will improve while using a dynamic sequence of Yoga and playing games. Registration required.	7	12	Aerobics	4:30pm	50min	Fri	Free	N/A
First Friday Family Fun: Family Zumba® Fitness	Rockin', high-energy, choreographed, family friendly dance fitness class!	All		Aerobics	6:30pm	60min	1/4	Free	N/A
First Friday Family Fun: Fab Fifties	Break out the leather jacket, fluff up your Poodle skirt and wear your best bobby socks as we bop at the hop to the music of the 50's!	All		Aerobics	6:30pm	60min	2/1	Free	N/A

Hillsborough YMCA | 908 369 0490 | www.somersetcountyyymca.org

Registration: Members: Dec. 10 • 6:00pm | Community: Dec. 17 • 10:00am