



group

fitness

Youth Group Fitness Class Program

Would you like to participate in Group Fitness
Classes with your 10-13 year old child?

Enroll them in our new Youth Group Fitness Class Program

They'll learn how to properly and safely participate in Yoga,
Spinning, Body Sculpt, Cardio Dance and more!

This class includes 3 half hour sessions of group instruction and a one
-on-one half hour practical and written exam, with a Certified Group
Fitness Instructor. After successful completion of the course
requirements, which involve a practical and written examination,
your child will be permitted to participate in all of the Group Fitness
Classes at the APJCC with an adult except Aqua Fit and Aqua
Conditioning.

Winter & Spring 2010 Classes
1/25-1/27, 2/22-2/24, 3/15-3/17,
4/12-4/14, 5/17-5/19
5:30-6:00pm

Fee: \$79 per child Member
\$119 per child Non-Member & Social Member

Age Requirement: 10-13 years old

POS Code: 15gfyouth or 15gfyouthnm

To register, a Program Registration form is required.

For more information contact Deborah at 408.357.7440 or
deborah@svjcc.org.

<http://www.svjcc.org>



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