



Youth & Teen FITNESS

ATHLETIC SKILLS

KIDS & TEENS

Young athletes looking to gain strength and mobility will benefit from this class. Athletic skills and strength training for kids and teens will be the focus of these workouts. *No class November 21.*

DAY/TIME: Tuesday | 6:00pm-6:55pm **AGE:** 7 to 16
LOCATION: Sportsplex—Fitness Center
FEE: Member \$78 | Resident \$83 | Non-resident \$125
PROG#: 95963 **DATE:** Nov 7-Dec 19

BOOT CAMP FOR KIDS/TEENS

Challenge yourself to improved health & fitness! A certified personal trainer will lead you through drills and obstacle courses to get you in shape. These workouts will incorporate weights, tubes, cardio machines, jump ropes, BOSU's and more. *No class November 20 and 22.*

DAY/TIME: Monday & Wednesday | 4:00pm-5:25pm **AGE:** 8 to 14
LOCATION: Sportsplex—Fitness Center
FEE: Member \$115 | Resident \$120 | Non-resident \$170
PROG#: 95967 **DATE:** Nov 6-Dec 20



Sportsplex
VILLAGE OF ORLAND PARK

See reverse for additional classes ►

SPORTS CONDITIONING

FOR KIDS

A blend of speed, agility, power and strength training geared to help any young athletes prepare for their upcoming seasons. This will help all young athletes focus and achieve their individual performance goals. *No class November 25.*

PROG#: 95970 **DATE:** Sep 16-Nov 4 **DAY/TIME:** Friday | 4:15pm-5:00pm **AGE:** 7 to 16
LOCATION: Sportsplex—Fitness Center **FEE:** Member \$78 | Resident \$83 | Non-resident \$125

FITNESS FUSION

What about: Participants will engage in a dynamic fusion of exercise classes, encompassing yoga, kickboxing, cycling, and strength training, all within the vibrant and enjoyable atmosphere of the fitness center. *No class November 24.*

PROG#: 95872 **DATE:** Sep 15-Nov 3 **DAY/TIME:** Friday | 4:15pm-5:00pm **AGE:** 7 to 13
LOCATION: Sportsplex—Fitness Center **FEE:** Member \$58 | Resident \$63 | Non-resident \$95

FLY/AERIAL YOGA

YOUTH & TEENS

This class is for teens to work on skills that encourage enhanced body connection and body awareness. Students will utilize the aerial hammocks to explore movement and breath in a safe, fun and creative way. Private classes are available upon request. *No class November 20.*

PROG#: 96389 **DATE:** Nov 7-Dec 19 **DAY/TIME:** Tuesday | 7:00pm-8:25pm **AGE:** 7 to 15
LOCATION: Sportsplex—Fitness Center **FEE:** Member \$125 | Resident \$130 | Non-resident \$195

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