

NEW

STRIVE® Smart Strength™

YOUTH FITNESS CENTER at the Nashua YMCA

Classes start Sept. 5th!

for kids ages 8-13

ORIENTATIONS

An introduction to the **STRIVE Smart Strength fitness system**. Each session will last a half hour, and will include a warm-up, strength-training, cool-down and stretching phases. Every child should arrive ready to exercise.

Orientation Cost:

Family members - FREE
Youth Program Participants - \$3.00
Non-Members - \$5.00

*Just 3 workouts a week can:
Decrease childhood obesity
Improve academic performance
Reduce disciplinary problems!*

Sign up now at the Welcome Center!



CENTER HOURS

Mondays & Wednesdays

3:00-5:00pm & 6:45-8:00pm

Tuesdays

3:00-6:00pm & 7:15-8:00pm

Thursdays

3:00-4:30pm & 5:00-8:00pm

Fridays

3:00-8:00pm

Open Time Cost Per Visit:

Family members - FREE
Youth Program Participants - \$3.00
Non-Members - \$5.00
or

10 visit Punch Card

Youth Program Participants - \$30
Non-Members - \$50

INTERVAL TRAINING

An athletic class that combines strength training, cardiovascular training, flexibility exercises, and plyometrics. Students will utilize the **STRIVE Smart Strength** adjustable cam fitness system, as well as hand weights and medicine balls. A variety of sports-specific games and drills will also be included, which may be modified according to the participants' interests. Classes will be grouped according to age.

Class Schedule:

Interval Training (Ages 8 & 9)
Mondays & Wednesdays 5:00 - 5:45 pm
Interval Training (Ages 10 - 13)
Mondays & Wednesdays 6:00 - 6:45 pm

Class Cost:

Family members - \$70.00
Youth Program Participants - \$105.00
Non-Members - \$140.00

