

# TEENAGE BOYS PROGRAM

December 2018

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>Active Skill Challenge</b> (13 - 15 years) 5:00 PM Kurt Volleyball Area ••	<b>Boxing</b> (9 - 12 years) 5:00 PM Alex Boxing / TRX ••	<b>Boxing</b> (13 - 15 years) 5:00 PM Alex Boxing / TRX ••	<b>Fun - Fit</b> (9 - 12 years) 5:00 PM Alex Conditioning Area ••	<b>X - Fit Teens</b> (13 - 15 years) 5:00 PM Alex Multifunction Area ••	<b>Active Skill Challenge</b> (9 - 12 years) 5:00 PM Alex Volleyball Area ••
<b>Fitgames</b> (9 - 12 years) 6:00 PM Rabii Volleyball Area •	<b>Teens Into Strength</b> (13 - 15 years) 6:00 PM Alex Teen Gym ••	<b>Relay Race</b> (9 - 12 years) 6:00 PM Alex Volleyball Area ••	<b>TeenRX</b> (13 - 15 years) 6:00 PM Alex Boxing / TRX ••	<b>Obstacle Games</b> (9 - 12 years) 6:00 PM Alex Volleybal Area ••	<b>Fitgames</b> (13 - 15 years) 6:00 PM Alex Volleyball Area ••

• low intensity

•• medium intensity

••• high intensity