

TEENAGE GIRLS PROGRAM

March 2019

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Boot Camp (9 - 11 years) 3:00 PM Naome / Susanne Active Hall ..	Step 1 (12 - 14 years) 4:00 PM Naome / Susanne FS3 ..	3 / 15 Spin (12 - 14 years) 4:00 PM Naome / Susanne Spinning Studio ..	Circuit Training (12 - 14 years) 4:00 PM Naome / Susanne FS3 ..	Abdominal Workout (12 - 14 years) 4:00 PM Naome / Susanne FS7 ..	Fun Combo (9 - 11 years) 4:00 PM Susanne Active Hall ..
Walking (12 - 17 years) 4:00 PM Naome / Susanne Indoor / Outdoor ..	Fun Games (9 - 11 years) 5:00 PM Naome / Susanne Active Hall ..	Fun Combo (15 - 17 years) 5:00 PM Naome / Susanne Active Hall ..	Zumba (12 - 17 years) 5:00 PM Liza FS3 ..	Step 1 (15 - 17 years) 5:00 PM Susanne / Naome FS3 ..	3 / 15 Spin (15 - 17 years) 4:00 PM Naome Spinning Studio ..
Swimming (15 - 17 years) 6:00 PM Naome / Susanne Swimming Pool ..	Circuit Training (15 - 17 years) 6:00 PM Naome / Susanne Active Hall ..		Ball Skills (9 - 11 years) 5:00 PM Naome/Susanne Active Hall ..		HIP HOP (12 - 17 years) 5:00 PM Liza Active Hall ..
			Swimming (12 - 14 years) 6:00 PM Naome / Susanne Swimming Pool ..		

• low intensity

•• medium intensity

••• high intensity