

YOUTH & FAMILY FITNESS CLASSES

Winter

(January thru March)



See reverse
for Class Descriptions.

Class Name	Activity Number	Start Date	Day/Time	Instructor	Location	Total Number of Classes	Price per Person (CS Member)	Price per Person (Non-CS Member)	Special Information	Youth Participant Requirements
Sunday Slam!	6548 6550 6553	1/5/2020 2/2/2020 3/8/2020	Su 10:00 AM	Jeanette Jones & Clarissa Franco	Studio A	4	\$20.00 ★ Drop-In Rate Available.	\$35.00 ★ Drop-In Rate Available.		Youth participants must be at least 15 years old.
After School Fit Club	6500 6502 6503	1/8/2020 2/5/2020 3/11/2020	W 3:30 PM	Chris Sarappo & Stephanie M	Gymnasium	4	\$25.00	\$30.00	Annual Member Discount	Youth participants only. Ages 5 to 12 years.
Generation POUND®	6509 6510 6512	1/9/2020 2/6/2020 3/12/2020	Th 5:00 PM	Maria Jose	Studio A	4	\$25.00	\$30.00	Annual Member Discount	Youth participants only. Ages 6 to 12 years.
COMMIT Dance	6520 6521 6525	1/10/2020 2/7/2020 3/13/2020	F 7:00 PM	Jeanette Jones	Studio A	4	\$20.00 ★ Drop-In Rate Available.	\$35.00 ★ Drop-In Rate Available.		Youth participants must be at least 15 years old.
CS Family Kickboxing	6530 6532 6533	1/11/2020 2/8/2020 3/14/2020	Sa 9:30 AM	Jen Chaturvedi	Gymnasium	4	\$40.00 ★ Registration includes 1 adult and 1 child. Drop-In Rate Available.	\$70.00 ★ Registration includes 1 adult and 1 child. Drop-In Rate Available.	Additional children need to purchase \$5 Drop-in Family Fitness Pass.	Youth participants must be 8 to 16 years.
CS Youth Boot Camp	6538 6539 6541	1/11/2020 2/8/2020 3/14/2020	Sa 10:45 AM	Jen Chaturvedi	Gymnasium	4	\$25.00 ★ Drop-In Rate Available.	\$30.00 ★ Drop-In Rate Available.	Annual Member Discount	Youth participants only. Ages 8 to 16 years.

Register in person at the Copper Sky Service Desk or online at:
apm.activecommunities.com/cityofmaricoparec/Home

For more information email Henry Pollock at:
henry.pollock@maricopa-az.gov

★ Drop-In Rates are payable at the Copper Sky Service Desk any time prior to class start time, and are good for **one** class.

<p>CS Youth Boot Camp</p>	<p>CS Youth Boot Camp is an indoor circuit training program designed for youth looking to jump start their fitness goals. The program mixes aspects of both cardio and strength training into one class. Boot Camp will constantly challenge you by offering you positive motivational support.</p>
<p>After School Fit Club</p>	<p>After School Fit Club is designed to meet the physical education needs of youth by focusing on building physical fitness, enhancing skill development, and most importantly having fun while doing it! Our curriculum focuses on age appropriate activities, sports, and games. The program utilizes the Copper Sky gym and fitness floor, and is designed to improve aerobic capacity, body composition, muscle strength, endurance and flexibility.</p>
<p>Generation POUND®</p>	<p>Generation POUND® is a youth-oriented program that fuses movement and music to improve focus, coordination, physical fitness and team-work skills. By combining exercise and interactive activities, kids will learn new ways to explore movement, embrace their creativity and ROCK OUT—ultimately building strength, confidence, and self-awareness.</p>
<p>Sunday Slam!</p>	<p>Sunday Slam! is two dynamic dance fitness formats coming together to create a challenging, fun-filled, interactive, HIIT style workout. All fitness are levels welcome. For ages 15 and up.</p> 
<p>COMMIT Dance</p>	<p>COMMIT is a dynamic, fun-filled HIIT-style (High-Intensity Interval Training) and Leveled Intensity Training dance workout for all fitness abilities. Each routine focuses on essential fitness elements created to a variety of popular music from all over the world, that will inspire everyone to get moving. Each class introduces a variety of dance styles from the latest trends to oldies but goodies and international flavors.</p>
<p>CS Family Kickboxing</p>	<p>CS Family Kickboxing is 50 minutes of fitness fun! This class will incorporate punching, kicking, relay racing, and kick boxing drills all in one place. This class will provide the whole family with a great workout, parents and kids alike. Gloves will not be provided, but everyone is encouraged to bring their own pair.</p>