



# B.R. RYALL YMCA

## THE Y KIDS FITNESS PROGRAM

### JANUARY/FEBRUARY 2019 CLASS SCHEDULE

MONDAYS 5:30–6:30 p.m.		WEDNESDAYS 5:30–6:30 p.m.		<b>HEALTHIER KIDS CHALLENGE (Starts January 7)</b>  It's never too early to encourage healthy lifestyle choices. This challenge will focus on pushing kids' existing standards and expectations to eat healthier and increase physical activity. With nutritional education components, as well as fun fitness classes, participants will enjoy earning rewards for completed challenges and improvements.
January 7	Challenge Kickoff: Bootcamp	January 9	Family Nerf Frenzy	
January 14	Soccer	January 16	Relays	
January 21	No Class: MLK Day	January 23	Hockey Hot Shots	
January 28	Train Like A Ninja	January 30	P.E. Sports	
February 4	Tag Games	February 6	Soccer	
February 11	Kids' Choice	February 13	End of Challenge Party: Family Cupid Games	
February 18	No Class: President's Day	February 20	It's A HIIT	
February 25	Relays	February 27	Tag Games	
Classes are held in the gym.		Participants must wear sneakers.		

B.R. RYALL YMCA of Northwestern DuPage County | 49 Deicke Drive | Glen Ellyn, IL 60137 | 630.858.0100 | [www.brriallymca.org](http://www.brriallymca.org)



# B.R. RYALL YMCA

## THE Y KIDS FITNESS PROGRAM

### JANUARY/FEBRUARY 2019 CLASS SCHEDULE

MONDAYS 5:30–6:30 p.m.		WEDNESDAYS 5:30–6:30 p.m.		<b>HEALTHIER KIDS CHALLENGE (Starts January 7)</b>  It's never too early to encourage healthy lifestyle choices. This challenge will focus on pushing kids' existing standards and expectations to eat healthier and increase physical activity. With nutritional education components, as well as fun fitness classes, participants will enjoy earning rewards for completed challenges and improvements.
January 7	Challenge Kickoff: Bootcamp	January 9	Family Nerf Frenzy	
January 14	Soccer	January 16	Relays	
January 21	No Class: MLK Day	January 23	Hockey Hot Shots	
January 28	Train Like A Ninja	January 30	P.E. Sports	
February 4	Tag Games	February 6	Soccer	
February 11	Kids' Choice	February 13	End of Challenge Party: Family Cupid Games	
February 18	No Class: President's Day	February 20	It's A HIIT	
February 25	Relays	February 27	Tag Games	
Classes are held in the gym.		Participants must wear sneakers.		

B.R. RYALL YMCA of Northwestern DuPage County | 49 Deicke Drive | Glen Ellyn, IL 60137 | 630.858.0100 | [www.brriallymca.org](http://www.brriallymca.org)