



Fitness classes for 10-16 year olds

FREE with Membership



Not a member? Not a problem!

Try any of our Youth & Teen fitness classes for free during the month of November.

Bring your current school i.d. or have your parent/guardian sign our guest waiver so you can join in on the fitness fun!

YOUTH & TEEN BOOT CAMP – Mondays 4:00-4:45 pm

YOUTH & TEEN CIRCUIT – Tuesdays 4:00-4:45 pm

YOUTH & TEEN YOGA – Wednesdays 4:00-4:45 pm

YOUTH & TEEN ZUMBA – Thursdays 4:00-4:45 pm

It is so important for kids to keep healthy by developing workout and exercise routines that are both fun and interesting for them.

These classes will introduce them to workouts that they can start now and continue through adulthood.

Similar to adult workouts, these classes will keep kids moving and choosing to stay healthy.

If you have any questions about the class descriptions or any other programs that we offer, please visit our website www.caldwell-nj.com/communitycenter or give a call at 973-228-7665.