



Fitness classes for 10-16 year olds
FREE with Membership



YOUTH & TEEN BOOT CAMP –

Mondays 4:00-4:45 pm

YOUTH & TEEN FITNESS CLASS –

Thursdays 4:15-5:00 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.

Much like adult fitness classes, 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.