



☀️ Summer is here, and we can't wait to see you in studio!
 Please check the schedule for temporary changes to your favorite classes. Adjustments have been made based on instructor availability and facility needs to support community programs over summer.

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📅 Summer Youth schedule runs 6/6-8/15.

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Thank you for your flexibility and continued support!

**FOR YOUTH DEVELOPMENT™
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY**

SUMMER 2025 YOUTH CLASS SCHEDULE

CARLISLE FAMILY YMCA

** Youth Strength is open to kids 11-18

***Youth Dance offered to kids 8-18

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				Youth Strength will be back for fall!		
					Youth Dance 12pm-12:45pm (Morgan) **Offered 8/16	

^^^BODYPUMP™, BODYCOMBAT™, BODYATTACK™, SPRINT™, GRIT™, and CORE™ are all LES MILLS™ Classes

*Family Classes are open to ALL ages.

CARLISLE FAMILY YMCA

311 S. West St., Carlisle PA 17013

P 717 243 2525 ext 230 **E** jcattron@carlislefamilyymca.org **W** carlislefamilyymca.org



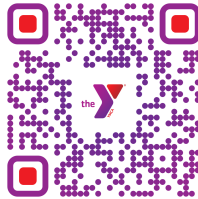
FOR YOUTH DEVELOPMENT™
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CARLISLE FAMILY YMCA CLASS DESCRIPTION

Youth Dance – Join Morgan for a LaBlast style youth dance session. This class is open to kids ages 8 and up who want to learn some dance steps, have some fun with friends, and learn to move at the same time.

Strength Circuits – Kristin is NASM Youth Strength certified and has an awesome class geared toward moves your youth can use. From everyday fitness to athletic prep, we've got you covered.

Family Yoga – Join our Yoga team on select Fridays for an all-ages Family Friendly yoga class. It's a great way to kick off the weekend.



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