



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

8/11

## CARDIO BLAST

### What is it?

This class is designed for kids who are looking to get a blast of energy from a fun, fast-paced class incorporating new games and fitness activities in to each week. The class is 30 minutes long.

### Who is it for?

This is for children ages 8 – 13 years old who enjoy the challenge of fitness through youth-oriented games and physical fitness components found in many of the adult group exercise classes.

### What do I wear?

Wear athletic shoes and comfortable clothes that allow you to move freely –shorts, T-shirt, sweatpants, etc.

### Where should I go on the first day of class?

Come to the front desk and tell them you are here for Cardio Blast and they will direct you to the Aerobic Studio or Gym (depends on YMCA location).

### How do I register?

This is a free program for members only. See our current Youth and Family Activity Calendar for class days and times or call 436-9622.

### Other information?

Contact:

West Side Center	436-9656
East Side Center	436-1243

#### YMCA Mission Statement

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

**Membership For All** helps to ensure that everyone belongs at the YMCA, regardless of income level. For information contact the YMCA at 436-9622 or visit our website: [www.greenbayymca.org](http://www.greenbayymca.org).