

# Youth Exercise and Conditioning Class

This class is a structure workout and is designed for kids either looking to become more active or help with their conditioning and strength for sports.

## Classes Times:

Mondays	4:00 - 4:30 pm
Wednesdays	4:00 - 4:30 pm
Saturdays	10:00 - 10:30 am
Ages	7 and up

**For more information,**  
contact Pat Henning at 847.535.7062  
or email [phenning@nm.org](mailto:phenning@nm.org)

