



YOUTH MOVEMENT



STARTING AT AGE 3!

Starting October 1st

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:35pm Zumba® Angela Studio (1hr) Ages 10+	5:45-6:15pm Spin® Express Tamicka Studio *Must be 5ft.	7:30pm Zumba® Anna Studio (1hr) Ages 13 +	6:00pm Yoga for all ages Sanaa Studio (1hr)	10-10:45am SOCCER Anthony Gymnasium *Non-Members can pay for this program Ages 3-8	
	6 - 6:45pm BASKETBALL Anthony Gymnasium *Non-Members can pay for this program Ages 9+				11 - 11:45am BASKETBALL Anthony Gym Court *Non-Members can pay for this program Ages 3-8	
	7:35pm Zumba® Anna Studio (1hr) Ages 13 +				12:00 PM Zumba® Phil (1 hr) Studio Ages 10+	
					12:15 - 1pm Martial Arts Louis A and B Room *Non-Members can pay for this program Ages 3-9	

914 949-8030
www.whiteplains.ymca-cnw.org

Ages 3-8: Parents must be in the activity area for ages 3-8.

Ages 9 to 13: Parents must be onsite. *Unless the child has completed the Youth PFP program

Classes are 45 minutes unless otherwise noted

We post class updates on



**You can also sign up at the
front desk for email alerts!**