



## Midtown Youth/Teen Schedule

Youth = 6-12 years old /Teen = 13-19 years old. Teens are also permitted to take any adult class offered depending on which program they are signed up for.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00 pm						Youth Boxing	
4:30 pm	Youth Boxing		Youth Boxing				

**Kickboxing** - Kickboxing is a fun, high energy workout that is beginner friendly but constantly varied to keep you motivated and challenged. While you learn different punch and kick combinations on a 120 lb heavy bag from our experienced kickboxing instructors you will burn 700-900 calories, tone your shoulders and abs, improve your cardio and relieve stress. X3 Sports Kickboxing classes require mandatory equipment sold at X3 Sports - ask your Fitness Consultant for assistance!

**Boxing** - Our Professional Boxing Instructors will focus on both proper boxing technique and punch combinations on heavy bags providing an incredible full body work out. You can expect to burn 700 - 900 calories, tone your shoulders, abs, and arms all the while building upper body strength. X3 Sports Boxing classes require mandatory equipment sold at X3 Sports - ask a Fitness Consultant for assistance!

**Fast Track** - X3 Sports Fast Track incorporate circuit training and cardio exercises utilizing a variety of sports training equipment such as agility ladders, resistance bungees, medicine balls, plyo boxes, and bosu balls making for a fun and interactive class on INDOOR TURF. Fast Track is a great way to mix up your workout routine giving you a great cardio workout that will burn fat, lose weight and tone your muscles, achieving the results you want much quicker than traditional workouts. (Weather permitting some classes will be held outdoors).

**Brazilian Jiu Jitsu** - Self defense system that focuses on grappling and especially ground fighting. X3 Sports Brazilian Jiu Jitsu (BJJ) classes incorporate Russian Sambo and other submission grappling techniques. Our GI and No-GI Jiu Jitsu / Sambo classes are sanctioned by Helio Soneca to teach under the Gracie name. X3 Sports BJJ Classes require mandatory equipment sold at X3 Sports - ask your Fitness Consultant for assistance!

**Muay Thai** - A combat sport from Thailand that uses stand-up striking along with various clinching techniques. X3 Sports Muay Thai classes are taught by Muay Thai experts that will include light sparring. X3 Sports Muay Thai classes require mandatory equipment sold at X3 Sports - ask your Fitness Consultant for assistance!

**Youth Programs** - Boxing and GI BJJ - 6-12 years old. Teens are permitted to take adult classes, however some classes may be discouraged due to required experience. Both Boxing and GI BJJ require mandatory equipment sold at X3 Sports - ask your Fitness Consultant for assistance!

**Yoga** –“ Vinyasa” yoga means movements connected by breath. This is a challenging class which is ideal for the cross training athlete. Classes will focus on increasing flexibility, body weight resistance training, engaging core muscles, and rhythmic breathing. Practicing yoga can relieve muscle soreness and back pain, create greater range of motion through hips and IT band (great for runners!), increase breath capacity, improve posture, and provide an overall sense of well-being. Experience is not required.

**Recovery Yoga** - This class focuses on therapeutic applications of yoga; ideal for nurturing flexibility, muscle recovery, and bringing balance and symmetry to the body.