Winter Session
Jan 2 – Feb 26
Member Registration: Dec 12
Non Member Reg: Dec 19

There’s an app for that!
Find us at ‘Lititz recCenter’
for your iPhone or Android
and stay up to date on all
our programs!
For Details on Youth Programs, contact Fitness Director
SimonAbabou@lititzrec.com
or 717-626-5096x239

Follow us on SM for all
the latest news and up-
coming events!

Lititz recCenter
Lititz recROC
@lititzreccenter
@lititzrecroc

WINTER YOUTH FITNESS CLASSES
FITNESS IS FUN!

301 West Maple St.
Lititz, PA 17543
717.626.5096
Strong Kids! (ages 7-12)

Kids will use Les Mills Smart Bars & small weights for basic strength and form, gaining muscle endurance and knowledge. Learn how to use weights safely.

Mon & Wed 5:15-6pm

New! Speed, Agility & Strength (Ages 9-14)

This workout compliment and improve performance of all sports. We will work on acceleration, deceleration, foot speed and do strength training.

Tuesday & Thursday 5:15-6:00pm

KidsBoxing (ages 7-12)

Thursday 5:00-5:45pm. Basic boxing skills and techniques such as stance, guard, movement and footwork. Focus on increased strength and endurance with fitness and self-confidence.

POUND for Kids (ages 6-12)

A new way to move, rock, play and combat stress with self expression, self love and noise!

Monday 5:00-5:45pm

LrC Sports Conditioning

One on One Sport Specific Conditioning available with our Certified Personal Training Staff. Keep your young athlete in shape during the off-season for their upcoming sport!

Contact Simon for details on the best trainer for your youth.

717-626-5096 x239