



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BE STRONG BE CONFIDENT BE HEALTHY

Youth & Teen Fitness Classes

S.E.T.: Ages 8-15, Sports Enhancement Training is a class that will focus on total body strengthening, cardiovascular endurance, agility, and flexibility.
Tuesday & Thursday, 5:30-6:15 PM (NM \$84 / M \$42) – 7 weeks

Iron Teens: Ages 11-15, Participants will learn how to use cardiovascular and strength machines safely, structure a workout and safe stretching techniques. *Class completion is a requirement prior to using the fitness center without adult supervision.*

Tuesday & Thursday, 4:30-5:15 PM
(Members only \$32) – 5 weeks

HIIT: Ages 8-15, This High Intensity Interval Training class is designed to push yourself 100% with exercise bursts that give you minimal rest time in between.

Tuesday, 6:30-7:15 (NM \$64 / M \$32) – 7 weeks

Space is Limited, Register Now!!

Classes begin January 8th.

Registration deadline is January 7th. Register online or at the membership desk.



SPRINGFIELD FAMILY YMCA

300 S. Limestone St.
Springfield, OH 45505
www.springfield-ymca.org

For more information, contact
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