



Youth & Teen Fitness Classes

Fit Kids: Ages 10-13, This class will focus on total body strengthening, balance, cardiovascular endurance, agility, and flexibility.

Tuesdays, January 12th-February 16th at 6:30-7:15 PM (M \$35/ NM \$70) –6 weeks

Iron Teens: Ages 12-15, Participants will learn how to use cardiovascular and strength training machines safely, learn proper stretching techniques and how to structure a workout.

Class completion is a requirement prior to using the fitness center without adult supervision.

Session 1: Tuesdays, January 12th-26th from 7:30-8:15pm

Session 2: Tuesdays, February 2nd-16th from 7:30-8:15pm
(M \$35/ NM \$70)



Space is Limited, Register Now!!

Register online or at the membership desk.

SPRINGFIELD FAMILY YMCA

www.springfield-ymca.org

For more information, contact Sam Watson
at sports@springfield-ymca.org