



Youth Fitness Class

Ages 10-14yrs.

7 weeks

\$91 Members

\$115 Non members

Registration August 14

Classes start September 17 Tuesday 4:45pm-5:25pm

Embark on an exhilarating fitness journey with a personal trainer in our studio, specifically for youth. Engage in Functional Fitness workouts that enhance muscular strength, power, endurance, cardio health, balance, coordination, and mobility. Through collaborative efforts, youth will conquer challenges such as cardio, core and lifting all contributing to their personal growth and self-improvement.



**For more information contact
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