

YHEALTH & FITNESS™

GET READY FOR GIRL POWER !!!



DESIGNED TO EMPOWER TEEN GIRLS - STRENGTHENING THEIR BODIES WITH INTRODUCTORY WEIGHT TRAINING & STRENGTHENING THEIR MINDS WITH FITNESS & WELLNESS EDUCATION.

Girl Power

CLASS DATES: TUESDAYS & THURSDAYS
JUNE 22 — AUGUST 12 (8 WEEKS)

TIME: 1 : 00 - 2 : 15

AGES: 12 - 17

FEE: \$40 MEMBERS / \$55 PROGRAM PARTICIPANTS

FOR MORE INFORMATION, CONTACT BECKY BRICH,
HEALTH & WELLNESS PROGRAMS DIRECTOR AT 245-0047.



YMCA

We build strong kids,
strong families, strong communities.