



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Teen Strength Training

Spring 2012 Sessions:

January 14th and 21st

February 11th and 18th

March 10th and 17th

Class is always on Saturdays (must attend both dates)

9:00am - 1:00pm

Any 12-15 year old that would like to work out in the fitness center without parental supervision must take this class and attend all classes.

This is a multi-day instructional and interactive fitness class designed to educate youth about the importance of proper technique, injury prevention, and how to execute a healthy lifestyle.

Participants should bring a lunch and/or snack

Registration will be cut off one week prior to class starting – no late registrations will be accepted, so please register before the cutoff date.

Minimum of 4 students to run the class.

KERNERSVILLE FAMILY YMCA

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Our Mission: "Helping people reach their God-given potential in spirit, mind and body."