



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Youth Fitness Training



With Ace Certified Personal Trainers!

Beginners (less than 1 Year of workout experience) : A great opportunity to learn proper technique, how to use fitness equipment and basic training

Dates:

Mon March 4th — April 17th
Mondays & Wednesdays 4pm-5pm
Ages 8-12

Cost:

Members- \$60
Program Members- \$80
Non Members- \$100

Intermediate: (1+ years of workout experience) come learn more advanced techniques for performance, bodybuilding, weight loss or general health.

Dates:

Tues March 5th – Thursday April 18th
Tuesday & Thursday 4pm-5pm
Ages 12-16

Cost:

Members- \$60
Program Members- \$80
Non Members- \$100

For more information, please contact Brandon Tardiff
at 622-9622, ext. 220 or by email at brandon@kvymca.org

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