



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TRAIN TOGETHER ACHIEVE MORE

JR. CIRCUIT TRAINING DOW WESTSIDE YMCA

Jr. Circuit Training is a high energy fun filled specialty program for youth ages 8-12. This program is designed to include functional exercises, cardio drills, partner exercises, and body weight exercises in a circuit training class. These activities will promote the benefits of fitness, teamwork, healthy competition and social interaction. This program is for youth who want to have fun, be active or just improve how they feel.

- Registration begins September 22nd
- Members-\$20/month
- Program Participants-\$35/month

WHEN: Saturday's-Beginning October 3rd

TIME: 9:00-10:00am

LOCATION: DOW WESTSIDE YMCA
225-687-1123
www.ymcabr.org
ktemplet@ymcabr.org