



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



FUN FRIENDS FITNESS

Fitness Express Pass Regional YMCA of Western CT

Students will work with a certified Personal Trainer to understand proper use of equipment (strength and cardio), correct form when using weights and strength equipment and learn proper etiquette for the Wellness Center. Successful completion of the program will grant access (with parental supervision) to the Weight and Cardio Rooms.

AGES: 10-12 | COST: \$60

June 20 -24

4:00-5:00 pm

REGISTER HERE



LISA, O'CONNOR, WELLNESS DIRECTOR

REGIONAL YMCA OF WESTERN CT

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