



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Y KIDS LIFT CHALLENGE

This is a strength and conditioning fitness challenge class designed for kids ages 10 and up. It consists of drills and games that improve speed, agility and strength building through the use of different training equipment and stations that focus on body weight exercises like pushups and squats. Each child will be evaluated and monitored to see how they progress in their physical fitness abilities. We want to provide your kids with the knowledge and experience they deserve so that they can stay active and healthy plus provide them with a sense of accomplishment based on their physical fitness progress.

Free to Y Members!

Non-Members pay only \$75 per month for twice a week classes or a drop in rate of \$15 per day per child.

Monday's 6:45pm Studio #2

And

Wednesday 5:30 pmGym

BEGINNING MONDAY 1/8/18



Union County Family YMCA * 1150 Charles Lane * Marysville, Ohio 43040
937-303-9285 * www.unioncountymca.org

