



# IRON TEENS

AT THE UNION COUNTY FAMILY YMCA

**Build Strength. Improve Fitness. Boost Confidence.**

Our Iron Teens program is a 4-week class designed to help youth 10–16 years old develop:

- Functional strength & conditioning
- Agility & endurance
- Core stability & balance
- Healthy fitness habits

### What Teens Can Expect:

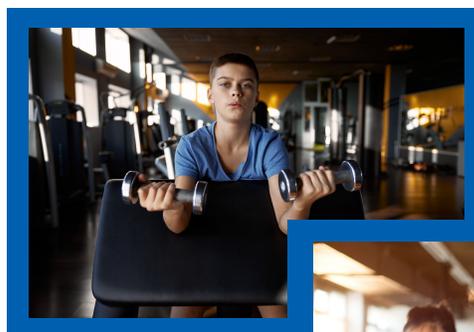
- Age-appropriate strength and conditioning exercises
- Fun, challenging circuits
- Small group attention with certified instructors
- A safe and supportive environment

Teens will leave stronger, fitter, and more confident!



**THURSDAYS 5:30PM**

April 9, April 16, April 23, April 30



### IRON TEENS FEE:

**4 Week Series: YMCA Members \$40  
Non Members \$70**

For more information about Iron Teens contact Lori at [LRogers@unioncountymca.org](mailto:LRogers@unioncountymca.org).

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