



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

September 3, 10, 17 & 24



IRON TEENS FEE:

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

For more information about Iron Teens contact Lori at LRogers@unioncountyyymca.org.

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