



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



SETS AND REPS = ADVANTAGE

Time to get the edge on your fitness. Fitness training that will allow you to improve your skills and knowledge of what it takes to better your overall health. At the conclusion of your class you will feel safe and comfortable in the Wellness Center and have the ability to develop your own fitness workout.

WHO: 7th & 8th Graders

WHEN: August 2 | 5:30 - 6:15 pm every Monday & Wednesday in August

WHERE: YMCA of Washington County - Main Y Wellness Center

COST: Free for members, \$20 for non-members



With questions call the YMCA at 319-653-2141 or email us at membership@washingtoney.org