

Fit Together & Teens



Group Exercise For Healthy Living



Wilson Family YMCA
3436 Airport Blvd.
Wilson, NC 27896
(252)-291-9622
www.wilsonymca.com
David Caudle: Instructor

YMCA Mission:

To put Christian principles into practice
through programs that build healthy spirit, mind
and body for all.

What is it?

- 1) **Exercise Classes for Kids and Teens looking to drop a few pounds, learn to eat healthier and live an overall healthier lifestyle.**
- 2) **A workout that is FUN and will mix strength, flexibility, balance and cardio endurance.**
- 3) **You will feel awesome from head to toe! Your energy level will soar; your spirit and confidence will be recharged.**
- 4) **Emphasis on proper form, strengthening the core, preventing injury and working within ones' ability.**
- 5) **Monthly fitness assessments**
- 6) **A place to make new friends.**

Tips 4 Success:

- 1) **Bring water bottle.**
- 2) **Wear appropriate apparel that is comfortable.**
(Athletic shoes are required, no sandals or open toed shoes)
- 3) **Bring a Positive Attitude!**



To Register:

The class is open to all Teen's that are YMCA members and those nonmembers that have been referred to us by a Physician or School Counselor. Complete the registration form, sign the waiver and turn it into David Caudle or leave it at the front desk.

Dates and Class Times

Spring semester classes start Tuesday January 4, 2011 and end May 26, 2011

Classes meet Tuesdays and Thursdays in the Robin Givens Youth Wellness Center.

5:30pm-6:30pm

Registration Fees

There is no fee for this class

