

David Caudle:
Instructor

Fit
Together
&
Teens



Wilson Family
YMCA
3436 Airport
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Wilson, NC
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YMCA Mission:

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

Fall 2011



What is it?

- 1) Group 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!



Dates and Class Times

Fall semester classes start Tuesday September 6, 2011 and end Thursday December 15, 2011

Classes meet Tuesday and Thursday in the Robin Givens Youth Wellness Center.

5:30pm-6:30pm

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.

Registration Fees

There is no fee for this class