



Young Athletes

Ages 11-17

Wednesdays 4:30—5:30 pm
October 3rd to November 7th

6 Week Program!

Learn about healthy eating, fun food groups, stretching, cardio exercise, strength training, setting goals, bodyweight exercises, yoga for youth, and more!

Members: Free Non-Members: \$30.00

Registration begins on September 1st
15 Spots Available