



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FITNESS FOR A LIFETIME

## TEEN FIT

Develop the skills necessary to safely and effectively create a goal-based exercise program!



- Teens 12-15 years old must complete this program to be eligible to use our fitness centers
- Single, hour-long class which includes an assessment
- Cardio, upper & lower body strength
- Lanyard upon completion
- By reservation only

**FREE** for members  
ages **12-15**

For more information, please contact  
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