

TEEN EXTREME FITNESS

Teen Extreme Fitness is a program designed for kids/teens who need guidance in Fitness, Health & Wellness, making smarter nutritional and activity choices.

Ages: 9 and above

Cost: Members: \$40 for 3 months

Program Members: \$80 for 3 months

Participants receive:

- 1/2 hour personal training each week
- Nutrition counseling
- Proper weight techniques
- Cardiovascular training
- Sports conditioning



For more information contact Brent at 360-885-YMCA