



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TEEN STRENGTH

Small Group Training SOUTH AMBOY YMCA

An introduction to strength training for ages 12-17 that will build a foundation of fitness knowledge and technique. Teens will benefit from working closely with one of our certified Personal Trainers once or twice per week. Participants can register for one or both classes. Space is limited to 8 participants in each class.

Registration at our Welcome Center is required to reserve your spot. Contact Annmarie.sabovick@ymcaofmews.org for more information.

TUESDAYS

MARCH 10–APRIL 21
4:30 PM—5:30 PM
\$91

THURSDAYS

MARCH 12–APRIL 23
4:30 PM—5:30 PM
\$91

SOUTH AMBOY YMCA
200 John T. O'Leary Blvd
South Amboy, NJ 08879
PHONE: 732-553-9622 www.ymcaofmews.org