



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Y CHEER FIT

Shake your Pom Poms and get in shape! Y Cheer Fit is a fitness class taught by a dance/aerobic instructor. Combining many elements like dance, gymnastics and music, it is the perfect cardio-teen class.

Y Cheer fit focuses on getting a whole body workout and toning up, while having lots of F-U-N!

Ages

8 to 14 years

When

May-31-June 28

Tuesdays from 4:30pm-5:15pm

Where

Battle Creek Family YMCA – Fitness Studio #1

Contact

Kimberly Akins, 269 963 9622, Ext 126

Member

Y Cheer Fit Class is free to members

Non-Member

\$30 for each 5 week session

Registration:

Sign up soon, only 25 participants in each session!

Registrations taken at the Welcome Center Desk,
Ext 104 or 105.

Session: 1151

Program: YP-CHEERFIT

BATTLE CREEK FAMILY YMCA

269 963 9622

www.ymcabattlecreek.org

