



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRONGER TEENS

Strength training class for teen Y members 13-18 years. This class will teach you proper technique and safety in lifting weights and using weight-training machines.

Come meet other Y Teens and get STRONG!

Join us once a week, twice a week or come to all 3 classes.

This class meets in the HEC near studio 1

No registration required.

FREE to teen members

When:

Mondays & Wednesdays

4:00-5:00pm

Saturdays

10:00-11:00am

For more information

Heather Coats Ext 141



Battle Creek Family YMCA

www.ymcabattlecreek.org

269-963-9622