

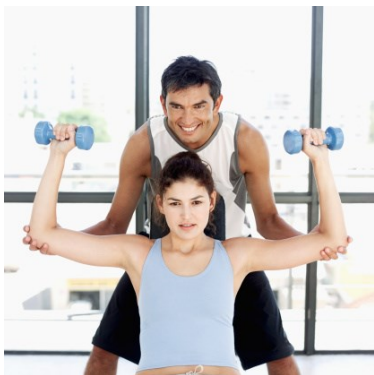


FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FITNESS FIRST

Each person has a unique set of goals and limitations. Therefore, every person should exercise in a manner that is specific to those goals and limitations at their current fitness level. This class allows you to focus on the areas you're interested in developing, at your own pace; think of it as personal training in a group scenario. The focus of the workouts will be fat loss, muscle gain, balance and coordination development, mobility and flexibility and an increase in overall physical performance.

CHALLENGE



**Tuesdays &
Thursdays
7:45 AM

In The
Collins Room
FREE to Y
Members**



**Isaac Struyck
NASM Certified**

Highly motivated and energetic, Isaac is all about setting and accomplishing goals. Using science-based research and personal experience, Isaac will create a program specifically designed to suit your needs in toning (getting rid of fat, and gaining muscle), strength, moving and feeling better.