



the

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TEEN FIT



5-6 pm with Ron
(Please call for an appointment)

Youth will learn strength training principles, proper use of equipment, safe lifting techniques, and gym etiquette. Parents must complete a medical waiver form.

Teens 14-15 years old are required to attend the Teen Fitness Orientation class before using the Fitness Center on his or her own.

Youth/Teen Ages 12-13 years old require parental supervision at all times while training in the Fitness Center.

FEE: Free for Y Members/ \$30 Non-Members



Grants Pass Family YMCA

1000 Redwood Avenue

Grants Pass OR 97527

541-474-0001

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