

FYP

Find Your Power

**A NEW YMCA PROGRAM
FOR TEENS AND TWEENS**



While doing simple yoga poses, listen to popular beats by Olivia Rodrigo, Conan Gray, Britney throwbacks, and more! Enjoy games, snacks, and down time with other teens.

Not just yoga, but also a safe space to practice self-confidence, relieve stress, open discussions of your own experiences, and ways to Find Your Power! Learn to interact with others and be the best version of yourself!

7 WEEK SERIES : NOV 2 – DEC 16

\$80 MEMBERS \$100 NONMEMBERS

LOCATION: YMCA TEEN CENTER



AGES 10-13

TUESDAYS 6:30PM-8:00PM

AGES 14-18

THURSDAYS 6:30PM-8:00PM

REGISTER ONLINE OR AT THE YMCA TODAY!

UNION COUNTY FAMILY YMCA

1150 CHARLES LN, MARYSVILLE, OH 43040

937-303-9285

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www.unioncountyyymca.org