



TEEN STRENGTH TRAINING

Teen Lifting Camp: June 12 – 23

Getting teens started with proper weight training is the foundation for a healthy adult fitness lifestyle. The Union County Family YMCA can help your teens to get on the right path. Our personal trainer, Laura Stanley, will provide instruction on strength training, lifting safety, proper form, lifting techniques, program development and the benefits of different types of training in a small group setting. Class is designed for ages 13-18. Space is limited to 6 participants.

When: Mondays, Wednesdays, and Fridays from 10am – 11am

Fee: YMCA Member \$85 Non Member \$125



Girls Lifting Camp: July 24 – August 4

This program is designed to help young women learn the basics and lifelong health benefits of strength training. The YMCA's personal trainer Laura Stanley, will guide the young female in proper technique, program development, types of training to meet different outcomes and issues specific to the female athlete. Topics include, but are not limited to, nutritional needs of the active female, how hormones affect muscle growth and strength development, building confidence in the fitness center atmosphere and empowering young women through physical and mental strength. Class is designed for girls ages 13-18. Space is limited to 6 participants.

A Marysville Police Officer will be at class on August 2nd to teach self-defense!

When: Mondays, Wednesdays, and Fridays from 10am – 11am

Fee: YMCA Member \$85 Non Member \$125



For more information contact
MaryAnne at
macouchman@unioncountyyymca.org

Union County Family YMCA
1150 Charles Lane
Marysville, Ohio 43040
937-303-9285
www.unioncountyyymca.org

