



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Starting March 26th New Youth Fitness Program Spring Training

The Spring Training program will allow youth ages 12-15 to be guided through a 1 hour workout session guided by a YMCA personal trainer in the Fitness Center.

Sessions will teach proper exercise form, etiquette in the Fitness Center, and program design.

**FREE for
Lakota YMCA
members!**

Current sessions available:
Monday– 6pm and 7pm
Wednesday– 6pm and 7pm
More times coming soon.

**Reciprocal YMCA
members may
participate in
sessions for a
\$10.00 charge.**

- **Sign-up for a spot at the YMCA Front desk starting March 19th!**
- **Spots are limited per session to ensure proper training guidance.**
- **Please refer to the updated Fitness Center youth policy for 12-15 year olds outside of the Spring Training sessions.**
- **No call no shows are subject to denial from future sessions**

**Contact Andrew Maynard with any questions at
513-779-3917 or Andrew.maynard@lakotaymca.com**