



FOR YOUTH DEVELOPMENT®  
**FOR HEALTHY LIVING**  
FOR SOCIAL RESPONSIBILITY



## Youth Fitness Training Program

The Youth Fitness 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  
Tuesday– 6pm and 7pm  
Thursday– 6pm and 7pm  
Saturday– 11am and 12pm

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

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

**Contact Taylor Barreto with any questions at  
513-779-3917 or [Taylor.Barreto@LakotaYMCA.com](mailto:Taylor.Barreto@LakotaYMCA.com)**