



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Intro to Exercise

Tuesdays and Thursdays

Starting 10/3 and runs through 11/9

From 6-7pm



Intro to Exercise will be a class for untrained or trained adults looking to learn a healthier lifestyle through exercise. Throughout this class, participants will learn different exercises, correct form, progression, nutrition, and the positive effects that exercise has on your body!

Members: \$80 / Non-Member: \$110