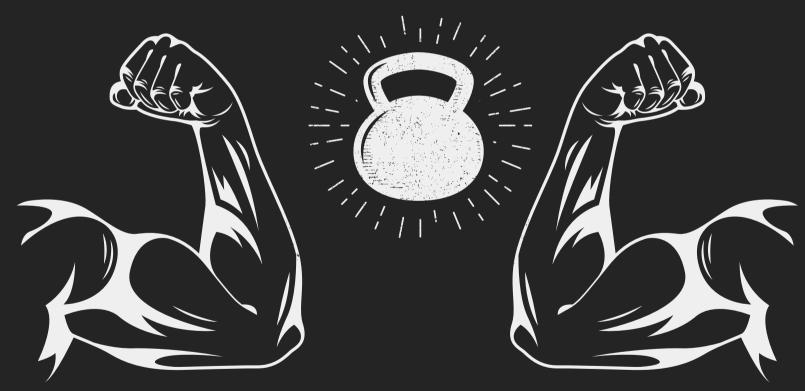
FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

Intro to Exercise Tuesdays and Thursdays

the

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