



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FITNESS FOR A LIFETIME

## Teen Fit

**Develop the skills necessary to safely and effectively create a goal based exercise program!**

- \* For teens 11-15 years old
- \* Three one-hour coaching appointments and one evaluation
- \* Cardio, upper & lower body strength
- \* Certificate upon completion
- \* Included in membership!



**Set up your first appointment - contact Sona Matevosian, Healthy Lifestyles Coordinator at 818-845-8551 ext. 290 or [Sona@burbankymca.org](mailto:Sona@burbankymca.org)**