

Youth Personal Training

Ages: 8-15

Our staff of caring and respectful certified trainers are now available to help your child with all of their personal wellness needs. Our one-on-one approach will help your youth reach their wellness goals in the most fun, innovative, challenging, and caring way possible. Please stop by the Welcome Center to complete a personal trainer request form, or call the Program Director for more details.

Fee: (1) session:	\$32 Members \$64 Program Members
(4) sessions:	\$115 Members \$230 Program Members
(6) sessions:	\$154 Members \$310 Program Members
(12) sessions:	\$268 Members \$536 Program Members

Kids on the Run

Thursday 6:00 pm - 7:30 pm

Ages: 8 and up

This program will progress from walking to running with goals of completing a 5K (3.1 miles.) Participants will go through walk/run drills, flexibility training, and agility drills to improve running times and build self-esteem.

Fee: Winter 1 & 2

\$45 Members \$90 Program Members

Just Us "Kidz"

Saturday 11:30 am - 12:30 pm

Ages: 8-12

This program is geared toward the growing well-being needs of today's youth. We will explore fitness, diet, positive choices, and how to put play in your day.

Fee: Winter 1 & 2

\$35 Members \$70 Program Members

Teen Start Certification

1st Saturday of the Month 12:00 pm - 1:00 pm

Ages: 12-15

Exercising at an early age can develop healthy habits for a lifetime, as well as prevent long-term injury due to improper technique. Designed not only to teach youth how to use the fitness center equipment safely and effectively, Teen Start will introduce physiology to participants, as well. Nutrition, body image, and making positive choices will also be included. Upon completion of this program, participants will receive a pass to allow them to use the fitness equipment. This pass must be worn at all times while in the fitness center. Class Size Limited to 8

Fee: \$25 Members

Youth Sports Conditioning

Sunday 2:00 pm - 3:00 pm

Ages: 12-17

Young athletes, boys or girls, will develop their cardiovascular endurance, muscular strength, flexibility, and overall sports performance.

Fee: Winter 1 & 2

\$35 Members \$70 Program Members



The YMCA reserves the right to cancel any exercise class due to low enrollment. Credits or refunds will be offered to those enrolled in that class. Credits and refunds are not an option for those with the Fitness Express Pass or upgraded membership.



Activate America is the YMCA's bold approach to help support Health Seekers of all ages in our community as they address the nation's growing health crisis. Consistent with our mission and history, the YMCA is redefining itself to provide better opportunities for individuals and families in their pursuit of health and well-being in spirit, mind, and body.