



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
- * Four interactive 30 minute coaching sessions which includes a final assessment
- * Cardio, upper & lower body strength
- * Certificate upon completion



Set up your first appointment, contact Lori Durbin, Healthy Lifestyles Director at 818-845-8551 ext. 290 or Ldurbin@burbankymca.org