



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUTH & TEEN PERFORMANCE TRAINING

FIT | HEALTHY | STRONG



Train with our certified Personal Trainers weekly to build strength and conditioning, agility, maximize performance, and prevent injury.

AGES 11-13

M|W Athletic Conditioning
T|R Weight Training
5:00-5:50 PM

AGES 14-18

M|W Athletic Conditioning
T|R Weight Training
6:00-7:00 PM

\$70 member | \$90 non-member
Monthly (Unlimited Classes)

\$90 member | \$145 non-member
Class Pass (10 Classes)



To inquire or register

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