



# Girls Fitness

## Strength & Conditioning Program

Small Group Training for Girls Ages 8-12

April 4 – April 28

Tuesday & Thursday from 3:30-4:30 PM

Members \$160 and Non-Members \$180

**Fun and energetic training that promotes coordination, agility & cardio fitness in a safe and nurturing environment.**

For more details email: Health & Wellness Director Darlene Kievit

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