



# SMART START

**Ages: 12-17**  
**Sundays @ Y Express**  
**1-2pm**  
**Free for Y Members**  
**or \$48/month**

**Starts October 5!**



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This class is perfect for those involved in high-impact sports like soccer, basketball, and dance. It targets the muscles and movement patterns that protect the joints. Teens will learn proper form, build muscle balance, and develop smart training habits to help them move stronger, safer, and smarter, both on and off the field.

**THE FAMILY YMCA**

505.662.3100 | [www.laymca.org](http://www.laymca.org)

