



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Healthy Lifestyles

Teen Fitness

Ages 12 - 17



Fast paced exercise class that combines weight training and cardio exercise in a circuit training environment.



Monday/Wednesday
3:15 - 4:00 pm

Instructor: Jaimee
Aerobic Studio

Free to Y-Members



For more information, contact
Michelle Horn, Healthy Lifestyles Associate
(541) 440-9622 ext 210.

Central Douglas County Family YMCA

1151 Stewart Parkway, Roseburg, OR 97471
(541) 440-9622 www.ymcaofdouglascounty.org