



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Healthy Living

#7304

CIRCUIT FOR TEEN GIRLS Ages 12 - 17



**Maximize your workout
while still having a total blast.
Circuit is 45 minutes of high-octane,
dance-fitness moves combined with
circuit training, a series of strength exercises
at timed intervals.**

Tuesday/Thursday 3:15 - 4:00 pm

Instructor: Nanette

Fee: Free to Members

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

Central Douglas County Family YMCA

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