

Youth Strength Training

Bethany YMCA

3400 N Mueller

Bethany OK

789-0231



Members age 12-14 will learn the benefits of fitness, proper technique, cardiovascular exercises and character development.

Upon successful completion of written and practical exams, members under 15 will be issued certification permitting weight machine and cardio equipment usage.

No one under 15 is allowed in the Free Weight Area.

One four-session class is offered each month from 6:00-7:30 pm on Fridays.

(Meet instructor in front lobby at 6:00 pm each Friday.)

MAY	JUNE	JULY	AUGUST
1	5	3	7
15	12	10	14
22	19	17	21
29	26	24	28

**\$40 Pre-registration Required
at Front Service Desk by 9:00 pm
Two Days Prior to Starting Date
LIMITED ENROLLMENT
Financial Assistance Available**

YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

YYOUTH™

We build strong kids, strong families, strong communities.