



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY HABITS START YOUNG

TEEN FITNESS ORIENTATION PORTAGE TOWNSHIP YMCA

Specifically designed for teens; **Certified Personal Trainers** provide one-on-one instruction including basic equipment usage in our Cardio and Cybex Strength Training Centers, as well as, safety and courtesy within the facility. Upon completion, teens will receive a Certificate of Achievement which authorizes* them to use all of the equipment in the Portage Township YMCA's Cardio and Cybex Strength Training Centers.

*Program completion wrist bands must be worn while in the facility and can be obtained from the front desk.

AGES: 12-18 years

FEES: \$45 for 3 sessions

For additional information, please contact
Rose Marie, Wellness Coordinator:

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