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# MEAL PREP AND SQUAT LIKE A PRO

## WORKOUT WORKSHOPS PORTAGE TOWNSHIP YMCA

Learn the basic techniques of squatting and avoid some common errors. Additionally, learn the benefits of squatting as a full body exercise.

Don't have time to cook? Learn how to carve time into your schedule to meal prep to stay healthy outside of the YMCA!

**WHEN:** May 4, 2019

9:00 AM - 10:00 AM

**WHERE:** Nutrition Kitchen at Portage Township YMCA

**AGES:** 11 years and older

**FEES:** Members \$10    Non-Members \$15  
Free Nutrition Kitchen Shake with Registration (\$5 value)

**INSTRUCTOR:** Tiffany Deaton, YMCA Nutritionist and Personal Trainer