



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FAMILY FITNESS 101

Want to work out with your teen?

A program designed especially for 12 – 14 year olds and their parent! Learn to work out with your child using resistance machines and cardio equipment. This class will certify you and your child to work out together in the fitness center.

Cost: \$10 per parent/child team

Register at the Front Desk

Sign Up at the Fitness Desk

Sumter Family YMCA

510 Miller Road

Sumter, SC 29150

803-773-1404

www.ymcasumter.org

 SumterYmca



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