



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WORK HARD TO PLAY HARD

Next Level Fitness – Teen Fitness Program

Next Level Fitness is a coach led teen fitness program where participants can choose which level to be in.

Level 1 – Generalized workout program that focuses on strength and conditioning. This level is good for anyone looking to improve overall health and performance.

Level 2 – More sport specific program that helps prevent common sport injuries while also improving overall athletic performance.

Level 3 – Coming in 2019

Time: 4:00 – 4:45pm

When: Monday – Thursday

Where: Group Training Studio

Ages: 11 – 15

Sign-up on our online scheduler.



SUMTER FAMILY YMCA
510 Miller Road
Sumter, SC 29150
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ymcasumter.org



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