



# Teen Program Fit Girl

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Want to get your fit on? Then come dance, shake, and lifts some weights with us. In this class will have fun, focus on a healthy lifestyle, get moving and grooving learn life skills and having fun.

## Ages

Girls from 12-17 Years

## When

Every Tuesday and Thursday from 4:30 o 5:15



## Where

Fitness Studio – Greater Holyoke YMCA

## Contact

Liz Budd, Leaders Club Supervisor: [Lbudd@holyokeymca.org](mailto:Lbudd@holyokeymca.org) or ext 114

Jennifer Gilburg, Associate Executive Director: [jgilburg@holyokeymca.org](mailto:jgilburg@holyokeymca.org)  
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## Full Member

Free

## Program Member

Free

## GREATER HOLYOKE Y

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