

WOULD YOU LIKE TO BECOME A CERTIFIED FITNESS INSTRUCTOR?

Take the first step to becoming a YMCA fitness leader. Learn basic anatomy, physiology, biomechanics, nutrition, conditioning and general fitness principles.

September 30th	6pm to 10pm
October 1st	6pm to 10 pm
October 3rd	1:30 to 5:30pm
October 14th	6pm to 10pm
October 15	6pm to 10pm
October 17th	1:30 to 5:30pm

The Registration fees are: \$175.00 for members and \$200.00 for non-members(price includes the basic theory manual) Registration for the course must be in by Wednesday September 22nd, no exceptions. 100% attendance is necessary to complete the course.
YMCA manuals are included.

Registration on now at the Member Service desk.



YMCA

We build strong kids,
strong families, strong communities.