



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

"SPRING" INTO SUMMER! APRIL 7-MAY 19

GET READY FOR SUMMER WITH THIS 6
WEEK FITNESS PROGRAM!!



IN THIS PROGRAM YOU WILL SHRED FAT,
GAIN STRENGTH, TONE MUSCLE AND
IMPROVE OVERALL HEALTH AND FITNESS.
BEST OF ALL, IT WILL BOOST YOUR
CONFIDENCE!!



THERE WILL BE 2 GROUPS OF UP TO 10
PARTICIPANTS. SPACE IS LIMITED AND
WILL FILL UP FAST!! SIGN UP TODAY FOR
THE GROUP THAT WORKS FOR YOUR
SCHEDULE!! \$175 FOR MEMBERS AND
NON-MEMBERS.

GROUP 1

DONKOR TAYLOR

MONDAY 9:30-10:30 AM

THURSDAY 9:30-10:30 AM



GROUP 2

JARISSA GILLASPY

TUESDAY 7:35-8:35 PM

SATURDAY 9:30-10:30 AM



APRIL 7

9:30-10:30 AM

"BENCHMARK" WORKOUT
AND BODY ASSESSMENT
FOR ALL PARTICIPANTS.
THE BENCHMARK
WORKOUT WILL
DETERMINE YOUR
CURRENT LEVEL OF
FITNESS.



MAY 19

9:30-10:30 AM

FINAL WORKOUT AND
BODY ASSESSMENT. SEE
HOW MUCH PROGRESS
YOU MADE COMPARED TO
YOUR BENCHMARK DAY!!

CLINTON COUNTY FAMILY YMCA
950 S. MAISH RD
FRANKFORT IN 46041
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