

DACC

## Girls Get Fit



This five-week program is designed to introduce teenage girls between the ages of 12-18 to group fitness activities including:

- Cardio
- Kickboxing
- Step
- Aerobics
- Resistance
- & Weight training
- Boot Camp
- Yoga

The focus will be on building a healthy body image, establishing healthy eating habits and discovering fun in fitness.

**Sessions Begin: July 11<sup>th</sup>-August 8<sup>th</sup>**

**Saturday's @ 11am**

Fee: \$50 DACC member; non members \$60

Registration at the front desk~ a minimum of 5participants to hold program

Please contact Darcie Adams at 518-895-9500 X114 or [dadams@dacc.info](mailto:dadams@dacc.info) for more information



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