



This eight-week **FREE** program is designed to introduce our youth between the ages of 9-18 in our area and surrounding areas to group fitness activities including:

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

There will also be a seminar that focuses on building a healthy body image, establishing healthy eating habits and discovering fun in fitness. Classes will be split into different age groups.

9-12year olds..... 13-16 year olds.....17&18 year olds

**Sessions Begin: February 3<sup>rd</sup>-March 26<sup>th</sup>**

**Wednesday & Friday Evenings from 6:30-7:30pm**

Registration at the front desk~ ***a maximum of 50 participants total***

**\*\*\*\*\*First to register will have a saved slot for this program\*\*\*\*\***

**\*\*\*\*\*All participating must be register by Feb 1<sup>st</sup> the latest\*\*\*\*\***

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

