

Randolph-Asheboro YMCA

YOUTH FUNCTIONAL FITNESS

Ages 10 - 14

Athlete must be registered by parent on sign up sheet by September 27th in order to participate. Sign up sheet is located in front of the Community Room.

This is a progressive training program with an emphasis on building basic fitness skills to reach goals and build confidence.

9 Week Training Program

September 20th - November 15th

Wednesdays 4:00 PM - 5:00 PM

**Classes will be held in the BeastMode
Functional Training Center**

