

January Youth Group Class Grades 6-8

T-3:30-4:10pm

W-3:30-4:10pm

Class will consist of strength training & conditioning formats. Youth will be exercising while learning proper workouts for cardio conditioning and strength training!

Session 1/2024- 5 weeks

Jan 9-Feb 7, 2024 (10 sessions)

M-\$35 NonMember \$45

- *Registration is now, Deadline January 1/7/24*
If you can only attend one day each week the price will be prorated.

NO person will be turned away due to lack of funds. Please stop at the YMCA front desk and fill out the appropriate paperwork. The Pierre and Stanley County School Districts neither endorse nor sponsor this organization or activity represented in this document. The distribution of this material is provided as a community service.