



2010 Young Guns Classes

At the
YMCA of Barium Springs

Fall Sessions:

October 5th – 21st - November 2nd – 18th
Tuesdays & Thursdays 5:30 – 6:45 p.m.

This course is mandatory for 12 – 15 yr. olds who want to use the Fitness Center. The classes teach students the physical, mental and cardiovascular benefits of exercise, flexibility and strength training. Call today to register: 704-883-0780.

Cost: \$25 to \$40 at both branches

****\$5 Late Fee after Registration Deadlines**

Kids ages 12-15, must have Young Guns Certification to utilize equipment in the weight room, Nautilus, and on the track.

