



TEEN FIT CLASS

12PM - 2PM

TUESDAYS & THURSDAYS

JULY 11 - AUGUST 3

- ✓ ORGANIZED GROUP FITNESS
- ✓ 2X A WEEK FOR 4 WEEKS
- ✓ SPECIFICALLY FOR TEENAGERS

THIS STRENGTH & CONDITIONING CLASS WILL FOCUS ON MOTIVATION TECHNIQUES & PROPER FORM WHILE INCORPORATING MANY FUN ACTIVITIES.

Fee: \$45; Greenville Resident \$30; GAFC Member \$20

SCAN ME



Registration:

At any facility, online at
GreenvilleNC.gov, or scan the QR code