



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Functional Fitness 5-Week Workshop

CHAMBERSBURG MEMORIAL YMCA

Thursdays: 11:30 AM - 12:30 PM

Member Cost: \$2 per class or \$8 for all five

Non-Member Cost: \$5 per class/\$25 for all five

STARTS JULY 19TH

Weekly fitness topics will be introduced, demonstrated, answering of why its relative to your every day, practice and keys to success.

Exercise will be majority of time within each class.

Topics Include: Strength, Balance, Coordination, Power & Endurance



**For more information contact Ellen Poe at
epoe@chbgym.org or 717-263-8508.**