



**FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY™**

# JrFit 1/JrFit 2/ High School Fit

WESTFIELD YMCA Age 8-17 Children Program

The **American Academy of Pediatrics** and the **American College of Sports Medicine** are among the major medical groups that endorse strength training (also referred to as resistance training) as a beneficial activity for young, developing bodies.

### Benefits of youth strength training

- Increase Bone Density
- Decreased Body Fat
- Strength Gain
- Better Posture, Movement Patterns & Neuromuscular Response
- Better Sport Performance & Lower Risk of Injury
- Improve your child's confidence and self-esteem

This program will be taught by our NASM and JrFit certified Personal & Youth Trainer, Tony Casale

## BUILD MUSCLE & CONFIDENCE

**Begins: January 6<sup>th</sup>, 2020**

**Day: Mondays & Wednesdays**

**Time: JrFit 1 6:30PM – 7:15PM  
JrFit 2: 3:15PM – 4:00PM  
High School Fit 4:00PM – 4:45PM**

**Age: JrFit 1: 8-10 years old  
JrFit 2: 11-13 years old  
High School Fit: 14-17 years old**

**Free to Westfield YMCA members  
Cost: \$85.00 for non-members**

**Space is limited and you must register  
For more information, contact Tony  
Casale, Associate Health & Wellness  
Director, p. 568-8631 ext. 305 or email,  
[tcasale@westfieldymca.org](mailto:tcasale@westfieldymca.org)**

### Personal & Small Group Training Available

**“THE MOTIVATOR”  
(For 1 Member)**

**Member: \$350.00  
Non-Member: \$450.00  
8 One Hour Sessions Or  
16 Half Hour Sessions**

**“SEMI PRIVATE”  
(For 2 Members)**

**Member Each: \$140.00  
Non-Member Each: \$210.00  
8 Forty Five Minute  
Sessions**

**“SMALL GROUP”  
(For 3-6 Members)**

**Member Each: \$95.00  
Non-Member Each: \$135.00  
8 Forty Five Minute  
Sessions**