



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ON YOUR MARK! GET SET! HAVE FUN! TWEEN FIT

## Session Dates:

**March 7 – May 11**

No class the week of Spring Break – April 10-14.  
And we have built in a week in case of snow.

**Tuesday and Thursday**  
4:30 pm– 5:30 pm

Tween Fit participants will run  
the Davidson Doozie on May  
13, 2017.

**Members – \$75**

**Non-Members – \$95**

Race entry fee for the celebratory run is  
included in the price of the program.  
Scholarships/Payment plans available through  
the YMCA.

Everyone is welcome. Financial assistance is available. The J Smith Young YMCA strengthens the community through youth development, healthy living and social responsibility.



Our TWEEN-FIT curriculum is designed to support healthy development of our youth in mind, body and spirit. We want to empower them to make thoughtful and healthy decisions. The curriculum is delivered over the course of 12 weeks and addresses the societal, mental and emotional challenges particular to their age. Running, Aqua-Exercise, Zumba, Yoga and Pilates are also incorporated into the curriculum. We use physical activity to inspire and motivate tweens throughout the program, to encourage lifelong health and fitness, and most importantly, to build confidence through accomplishment.

For more information contact  
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