



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

2016 FAST PROGRAM

Fitness, Agility, Strength, Training

BURLINGTON AREA YMCA & GREAT RIVER HEALTH SYSTEMS

Great River Athletic and Performance Center staff will first perform a fitness assessment to determine each athlete's fitness level. FAST classes focus on functional movements: flexibility, strength, cardio & speed. This youth fitness program is designed to help young athletes achieve peak athletic performance on the court, diamond, field, and beyond!

Classes are offered twice a week at both the Burlington Area YMCA and Great River Athletic and Performance Center for only \$10 per day. Classes run year round so register at the Y today!

PROGRAM FEES:

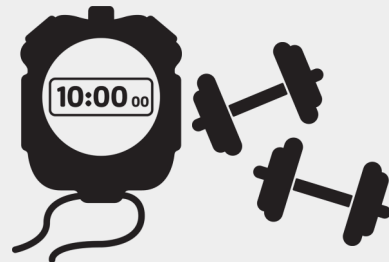
- \$95.00 for a 10 session punch card
- or \$10.00 per class

PROGRAM INFO:

- Ages 8 - 14
- Tuesdays & Thursdays from 4:00 - 5:00 PM in Gym 2 of the Y
- Tuesdays & Thursdays from 6:00 - 7:00 PM at Great River

QUESTIONS?

- E-mail Kyle at the Y: kyle@burlingtony.org



 **Great River Athletic
and Performance Center**

A service of Great River Health Systems