

# MOVE. WORK. FLEX.

AGES

10-17

## YOUTH FUNCTIONAL TRAINING

Youth will enjoy a functional training program tailored towards sports performance. Join a group exercise class or workout on the wellness floor while your child does the same!

**MEMBERS \$15/MONTH    COMMUNITY \$25/MONTH**

Meet in the Lobby

Mondays 5:30-6:30pm Ironworks

Thursdays 5:30-6:30pm Roscoe

Starting March 7th

Youth must complete youth or teen orientation before their first session.



**STATELINE FAMILY YMCA | IRONWORKS BRANCH**

501 THIRD ST. BELOIT, WI  
(608) 365-2261

[statelineymca.org/youthwellness](https://statelineymca.org/youthwellness)

