



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LEARN HOW TO GET & STAY FIT STRONG YOUTH GROUP EXERCISE



The YMCA of Paterson is pleased to announce a group strength and conditioning program to teach youth the basics of living an active and healthy lifestyle. Youth will learn the benefits of exercise, increase coordination, confidence, speed, and overall strength with these workouts held in the Y.

ALL FITNESS LEVELS ARE WELCOME.

Saturdays · October 6, 2018– October 27, 2018

Ages: 8-12 11:00a-12:00p

Ages: 13-17 12:15p-1:15p

Cost: YMCA Members \$40.00

Non-Members- \$50.00



YMCA OF PATERSON

128 Ward Street, Paterson, NJ 07505

For more information please contact : 973-321-3351

or memberinfo@ymcaofpaterson.org

www.ymcaofpaterson.org

Training is conducted by Coach Shombay Burton.

Coach Shombay Burton has been a fitness trainer for the past 10 years. He enjoys all aspects of fitness and is eager to spread that passion to others! He received his professional fitness training certification from International Sport Science Association (ISSA). Coach Burton has acquired a great amount of experience working with clients of all ages and various fitness levels. With a holistic focus, his training expertise includes the areas of general fitness, weight-loss, nutrition, geriatric fitness and body sculpting. Coach Burton is truly dedicated to the well-being and success of his clients. His ultimate mission is to empower his clients to become the best version of themselves by making fitness and healthy eating a lifestyle!