



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Middle School Strength & Conditioning

What is Middle School Strength and Conditioning?

Strength and Conditioning is a six-week, small group program designed to help middle school students develop a lifelong love for exercise.

Led by nationally certified trainers and experienced athletes, this program teaches the basics of safe and effective weight lifting and cardiovascular training for all levels; the instructors help each student develop personalized, progressive workouts while teaching the merits of important healthy habits.

Where is the program taking place?

Wellness Floor, Alexander Family YMCA

Who is this program for?

Middle School boys and girls (6-8 grades)

When is Strength and Conditioning?

Tuesday and Thursday afternoons
3:30-4:30 p.m.
February 6-March 29

What does it cost?

Free to members!

How do I register?

Register at Alexander Family YMCA Welcome Center

What do I need to bring? Just bring yourself and workout attire (i.e. workout pants/shorts and athletic shoes)

What if I have more questions?

For more information contact Nate Burkett at Nate.Burkett@ymcatriangle.org or 919-582-2287.