

Y-MVP



TEEN FITNESS CHALLENGE

GET FIT. MAKE FRIENDS. HAVE FUN.

WHAT IS Y-MVP?

- Y-MVP is a **FREE** 8-week program that combines fun fitness activities with an interactive app
- Classes are led by a Y-MVP fitness coach once a week for 90 minutes
- Earn prizes for completing fitness missions
- Access to the fitness center during teen hours

WHY SHOULD YOU SIGN UP?

- Use a really cool app to track your workouts
- Learn how to improve your fitness, strength and endurance
- Work out in a program uniquely designed for teens
- Level up and unlock a Y-MVP teen membership

WHO SHOULD SIGN UP?

- Middle & High schoolers
- All levels of fitness welcome

SIGN UP TODAY!

NEXT CLASS STARTS SOON

TUESDAYS 12YRS -14YRS THURSDAYS 15YRS-17YRS

GET ENGAGED:

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