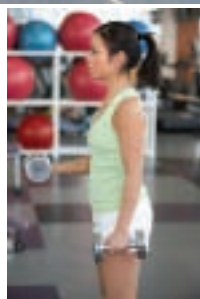


Pre-Teen & Teens

Summer Programs

Time to put the books away and pick up the weights!



Whether you're training for a Fall Sport or just want to stay active this summer, join Personal Trainer Cindy Rayner for a Summer Fitness Program. A great combination of cardiovascular training, plyometrics and light weight training.

Middle School

(ages 11-13)

Wednesdays
and
Fridays

10:30-11:30am

High School

(ages 14-18)

Tuesdays
and
Thursdays

10:30-11:30am



For information about
Cindy Rayner, visit:

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Train ONCE or TWICE a week!
NON-MEMBERS WELCOME!
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