



TOWN OF NORTH HEMPSTEAD SUPERVISOR BOSWORTH AND THE TOWN BOARD

PRESENTS:

# "YES WE CAN" TEEN FITNESS

The "Yes We Can" Community Center Teen Fitness is an innovative 10 week program that uses interactive and fun physical activities blended with game mechanics and sports to help teens become and stay physically fit.

**SPRING SESSION: MAY 7, 2021 - JULY 9, 2021**

**SUMMER SESSION: JULY 16, 2021 - SEPTEMBER 17, 2021**

**FRIDAYS FROM 5:30PM - 7:00PM**



TEEN FITNESS

SPORTS

GROUP EXERCISE CLASSES

WEIGHT TRAINING

CARDIOVASCULAR STRENGTH

FLEXIBILITY

CORE CONDITIONING

HEALTHY LIVING

FUN EXPERIENCE

## WHAT IS THE TEEN FITNESS?

Teen Fitness is a FREE 10-week program filled with fun fitness activities.

Classes are led by a fitness instructor once a week for 90 minutes.

Earn rewards for achieving your fitness goals.

## WHY SHOULD YOU SIGN UP?

Learn how to improve your fitness, strength and endurance.

Work out in a program uniquely designed for teens.

Level up and unlock a FREE 6 month youth membership at the "Yes We Can" Community Center upon completion\*.

## WHO SHOULD SIGN UP?

Middle & high schoolers.

All levels of fitness welcome.

"Yes We Can" Youth Membership required.

### FOR MORE INFORMATION CONTACT:

"Yes We Can" Community Center  
141 Garden Street, Westbury, New York 11590

Paul Wallace (516) 876-4473 or wallacep@northhempsteadny.gov  
Daniel DiGregorio (516) 876-4466 or digregorioid@northhempsteadny.gov

"YES WE CAN" WILL FOLLOW NEW YORK STATE HEALTH AND SAFETY GUIDELINES FOR FITNESS PROGRAMS  
\*ONLY AVAILABLE TO TOWN OF NORTH HEMPSTEAD RESIDENTS