

FITNESS CLASSES

FOR STUDENTS & STAFF

Penn Wood High School and the Community YMCA of Eastern Delaware County have joined forces to offer these fitness classes to Students and Staff right here on our campus! Come join us fun and fitness.

Classes are free (and so is a FULL YMCA Membership!) if you are a member of Keystone First or Healthpartners CHIP (this coverage is free to you as a student), and just \$20 for 8 weeks if you aren't. Limited financial aid is also available.

YOGA

No yoga experience necessary! Just relax and learn to be mindful while practicing yoga sequences. Build strength and flexibility in this accepting, fun and non-competitive class. Everyone is welcome! Please bring a yoga mat if you have one; if not, one will be provided.

TUESDAYS, 2 PM - 3:15 PM; STARTS SEPTEMBER 19


BOOT CAMP

Reach the next level of fitness and improve your performance. This fun and motivational workout is designed to help you improve cardiovascular and muscular endurance and build confidence. Open to beginners and experienced exercisers.

WEDNESDAYS, 2 PM - 3:15 PM; STARTS SEPTEMBER 20

presented by

PENN WOOD HIGH SCHOOL



in partnership with

the Y[®] COMMUNITY YMCA OF EASTERN DELAWARE COUNTY

XTREME DANCE

It's a non-stop dance party! This cardio-focused class features today's top 40 music and moves! It's all about feeling fearless on the dance floor and reinforcing the idea that it's okay to just be yourself and dance like no one is watching!

THURSDAYS, 2 PM - 3:15 PM; STARTS SEPTEMBER 21

REGISTRATION FORM

YOGA

BOOTCAMP

XTREME DANCE

Forms due Monday, September 11

Student Name: _____ Grade Level: _____

Homeroom: _____ Student Phone: _____

Parent Name: _____ Parent Phone: _____

Address: _____

Child's Birth Date: ____/____/____ Child's Insurance Name: _____

Group #: _____ Parent Signature: _____

QUESTIONS? Ask your Guidance Counselor or call Eleanor G. Johnson at the YMCA at **610-713-5260**.