

Summer Youth Fitness Program for Lifelong Healthy Habits

This Program is designed to improve performance and injury prevention for sports, weight loss, general fitness, and instruction on the proper use of strength training equipment.

The main goal is helping youth become successful independent exercisers by providing quality education, encouragement and confidence.

Participants will engage in a variety of enjoyable activities designed to improve cardiovascular fitness, muscular strength and endurance, body composition and flexibility.

- One session of Nutrition Education through Certified Health Coach Danielle Meunier.
- Introduction to Yoga will also be offered on one of the days. If the Participant is not interested in this component of the program they can attend the make up week for regular classes.
- **Program run by Jackie Evans Fitness Director of Snap Fitness in Hampden and Holyoke Ma.**
 - ❖ Over 10 years of experience training youth
 - ❖ AFAA Certified Personal Trainer
 - ❖ TRX Certified Coach
 - ❖ Former elite marathoner and outdoor enthusiast.
 - ❖ BA in Psychology
 - ❖ Philosophy centered on overall Wellness and a mind/body approach.