



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GET FIT MAKE FRIENDS HAVE FUN

## FREE Youth Fitness Consult

YMCA personal trainers will help youth and families learn how to be active together. During this free ½ hour consult personal trainers will identify activities appropriate for the child's individual fitness level and help families learn how to choose activities that will keep them healthy. Please contact us to schedule a free consultation. Physician referral required.

Please send referral to Sara Glenn:  
[sglenn@firstcoastymca.org](mailto:sglenn@firstcoastymca.org)  
904.265.1804

YMCA OF FLORIDA'S FIRST COAST

[FirstCoastYMCA.org](http://FirstCoastYMCA.org)

