

A PLACE WHERE ALL ABILITIES ARE WELCOME!

Open to the Public



In partnership with JE & ZB Butler Foundation and the SYJCC Health & Wellness Fitness Department

**WELCOMES YOU TO
JOIN**

TEEN FITNESS THURSDAYS

A Fun Fitness Personal Training Group Class

Get In Shape while...

- Learning how to properly use fitness equipment
- Learning overall body conditioning
- Getting fit with peers



Contact to register:
Stacey Astachovsky
(631) 462-9800
Ext. 142
sastachovsky@syjcc.org



DATES: 2/7, 2/14, 2/28, 3/7, 3/14, 3/21, 3/28, 4/4, 4/11, 4/18, 5/2, 5/9, 5/16, 5/23, 5/30

TIME: 4:30 – 5:30

Ages: 14 – 19

15 weeks session
Pay As You Go

Members: \$270
Members: \$25

Non-Members: \$350
Non-Members: \$30



74 Hauppauge Road
Commack, NY 11725

