



YMCA of
Newfoundland and Labrador
Marystown YMCA



Teen **Learn to Lift** (12+)

Learn to Lift is program designed for teens 12 years of age or over, with focus on how to properly perform free weight exercises in a safe, low ratio, and encouraging environment with a certified instructor.

Location: Gym

Time: Thursdays, 4:15 pm - 4:45 pm

Give it a Try Today!

Please visit the Membership Sales & Service Welcome Desk for more information.

Building healthy communities

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