



MOUNT ANNAN LEISURE CENTRE

YOUTH FIT SQUAD

FREE

Every Thursday 17th October - 19th December 2019

4:15pm - 5pm | Ages 12-18 Years

Weightlifting, Fitness testing & Circuit based workouts.

**Terms and conditions apply. Children under 16 years of age will require a parent/guardian to accompany when signing in. The Youth Fit Squad is supported by Camden Council.*

Mount Annan Leisure Centre

368 Welling Drive, Mount Annan
4648 4830 | ymcansw.org.au/mtannan

We believe in the power of inspired young people

