



# PAVING THE WAY TOGETHER

TOWARD STRENGTH AND INDEPENDENCE

Summer 2017 – June 25, July 16, August 6

**FREE** to the Community

With the help of med balls, barbells and rings and using the CrossFit training methods your child will become stronger, faster and more able to live a full and functional life.

- Build self-esteem and confidence
- Improve social interaction
- Improve focus and function
- Improve flexibility and stability
- Weight loss
- Reduction of anxiety
- Have fun while getting fit
- Make friends!

Adaptive CrossFit for youth ages 11 and up is a great way for your child to do more and be more!

For more information contact Randi Abell, YMCA of Central Virginia Director of Healthy Living.  
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Space is limited. Register TODAY!

Select Sundays at 1pm at the Y Express