

2019 TEEN FIT PROGRAM



FREE TEEN FITNESS AND NUTRITION PROGRAM

FOR AGES 12-18

**JUNE 10 to AUGUST 9
3 DAYS PER WEEK**

**2 - 3:30 PM
Del Rio Middle School
Gymnasium**

**Achieve a healthy weight, build endurance, strength and flexibility.
Weight issues can contribute to bullying, social isolation and
depression. Make positive changes in your life.**



VAL VERDE
REGIONAL MEDICAL CENTER
COMMUNITY OUTREACH

**GROUP EXERCISE
BY CERTIFIED INSTRUCTORS**

GROUP NUTRITION CLASSES

**REGISTER TODAY!
830-282-6020**