



# TEEN FIT

**AYCC GRONK ZONE FUNCTIONAL TRAINING CENTER**

**MONDAYS & WEDNESDAYS**

**STARTING 10.19.20 3:45 - 5:30PM**

**AGES 13-18**

**FREE**

*With Youth & Teen Memberships*

This program concentrates on structured functional fitness, stress management and nutrition and incorporates guest instructors and speakers to maximize your exposure to a variety of activities.

Learn how to enhance your wellness through hands-on activities that will keep you Fit for Life!

Alfond Youth & Community Center  
126 North Street  
Waterville, ME 04901  
ClubAYCC.org  
207.873.0684  
ehall@clubaycc.org

**Arrival to 3:45 pm**  
*Healthy Snack from Kitchen*  
*Homework in Game Room*

**3:45—4:45 pm**  
*Meet in Gronk Zone*  
*Fitness with Eliana Hall,*  
*Certified Personal Trainer*

**4:45—5:45 pm**  
*Activities*

With a Master's degree in Exercise Sciences and 4 years experience as a Certified Personal Trainer and Certified Health Coach, Eliana has worked with clients of all ages and fitness levels in a variety of settings ranging from individuals to groups. She also specializes in injury rehabilitation

Eliana taught Kinesiology classes at UMaine and daily demonstrates her passion for empowering individuals to overcome obstacles and reach their goals.



# *TEEN PROGRAM* →