



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAKING GOOD CHOICES ONE DAY AT A TIME



Commit To Be YFIT

No matter our age, weight, height, activity level, or gender, we all need to feed our body with nutrients in order to support all systems of our body. This 8-week program is designed to give you the tools, education and knowledge to be able to make the smartest and healthiest choices that support your overall health and wellness goals, provide and motivation as you transition into an active and healthy lifestyle.

Class Dates: September 21 - November 9

Thursday: 6:30 - 7:30 PM

Registration Dates: August 28 - September 11

Class fee: Waived with physician's referral

\$50/members

\$75/potential members



SUMTER FAMILY YMCA 510 Miller Road Sumter, SC 29150
803-773-1404 ymcasumter.org

Financial Assistance is available to those who qualify through our Open Doors Scholarship program.
Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.