



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CREATING LIFE'S BALANCE

SUP FITNESS @ DARIEN Y

Time : 1 hour Age: 15 and up
Fee: Members/\$35; Non-members/\$45

Your instructor for SUP Fitness will greet you in the front lobby.
Please make sure to arrive 10-15 minutes prior to your class start time.
This will allow you to store any personal item, change into appropriate clothing, and to sign our waiver.

August 2019 Schedule

Day and Time	Month, Date and Instructor
Wednesdays 10:30am-11:30am	August 7th, 14th and 21st with Jess
Thursdays 11:00am-12:00pm	August 15th and 22nd with Bea
Fridays 12:30pm-1:30pm	August 2nd, 9th and 16th with Nicole
Saturdays 8:30am	August 3rd and 17th with Bea
Saturdays 11:00am-12:00pm	August 10th and 31st with Bea

Sign up at the Front Desk to reserve a spot.

PaddleFit Intro is **REQUIRED** before taking SUP FITNESS.

Please visit our website for the latest Paddle fit Intro Classes and details.

Can't find a SUP class that works for you and a friend? Reach out to our Health & Fitness Director,
Jess @ Jvansciver@darine-Ymca.org