

Brantford YMCA

We build strong kids, strong families, strong communities!



YMCA Basic Theory Course

Brantford YMCA

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Dates: June 7, 8, 14, 15, 21, 22, 28 & 29

Time: 12pm – 4pm

Location: Fitness Studio, Brantford YMCA

Presenter: Stephanie Byfield – Trainer Educator, HFR Supervisor

Cost: **FREE** for members, \$5.00 for non-members

Are you interested in learning more about health and fitness? Become a YMCA Fitness Instructor Volunteer or a Personal Trainer Volunteer! We are currently looking for enthusiastic people who have a passion for health and fitness to join our team. For more information, please contact Stephanie Byfield – (519) 752-6568 ext. 112

