



Program Data Sheet

Program Name: Workout Instruction for Teens (WIT)

Day: Availability of Instructor

Time: Availability of Instructor

Family Membership Fee: \$25.00 Individual Member Fee \$30.00 Non-Member Fee: \$45.00

Brief Description: WIT is a 4-week program for any youth/young adults (ages 12 & up) who wants to start improving their wellness by working out with fitness equipment (ie. Weight machines, free weights, cardio equipment). Completion of this program is mandatory for any prospect or member aged 12 or 13 interested in using our fitness center. This program is available to YMCA members as well as non-members.

Instructor Name/Bio: Mark Mehalco has spent a lifetime exercising and his interest center on strength training and nutrition. He has a bachelor's degree in Exercise Science from Youngstown State University where he also studied Nutrition and hopes to achieve a degree in that field as well. Mark has been working in the health and fitness industry for over 5 years and has worked with individuals of all ages as well as conducting jump stretch classes for athletes in a variety of sports in his hometown. Mark is committed to ensuring that his clients not only meet, but exceed their goals. On a side note, Mark is currently prepping for his Strength and Conditioning Certification to hopefully one day become a strength coach for high school and college athletes. His long-term goal is to open or manage a fitness center in his hometown of Hubbard, OH.

What to Bring/Wear: Inside tennis shoes only and wear exercise clothing

Additional Costs: None

Department to Credit Fees to: Wellness Department-Wellness Program