

BENEFITS OF FITNESS



200 Providence Highway, Dedham MA 02026
781-326-2900 • www.dedhamhealth.com



ALL CLASSES HELD IN THE TREEHOUSE

- Programmed by a degreed Exercise Physiologist
- Workout equipment provided, and sanitized before and after each class
- Fun, upbeat music for each workout "block"
- A combination of Strength and Cardio training appropriate for each age group



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HEALTHIER HABITS NOW FOR A HEALTHIER FUTURE



For more information or to register email
Brittanie McDonald,
Youth Fitness Zone Director
at BrittanieM@dedhamhealth.com
REGISTER ONLINE at
Fitness.DedhamHealth.com/Youth-Fitness-Zone

KID'S PROGRAMS



WINTER SESSION:
January 5 - March 14
School Break: Feb. 15 - 19, 2021



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BRITTANIE MCDONALD, DIRECTOR

Brittanie has been with DHAC for 11 years as an Exercise Physiologist and Group Fitness Director in the fitness center and another 3 as a group fitness instructor. She graduated with a degree in Health Sciences from Northeastern University, where she also competed in Division 1 Track and Field and Cross Country. She has broadened her scope of practice through various continued education courses, earning a certification as a Function Strength Coach and additional certifications in TRX, Kettlebells (level 1 & 2), Pre- and Post-natal, and Precision Nutrition (level 1). Using these skills, she has dedicated her career to helping others reach their fitness and wellness goals with an upbeat attitude and a smile on her face.

- Degreed Exercise Physiologist
- Former Div. 1 track and field and cross-country athlete
- Over 13 years in the fitness industry
- Certified Functional Strength Coach
- Precision Nutrition Level 1
- Pre and Post Natal Certified
- Kettlebell Level 1 & 2 Certified
- TRX Certified

DEDHAM HEALTH & Athletic Complex



HAVE FUN • GET ACTIVE • STAY HEALTHY



WINTER SESSION: January 5 - March 14

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AGE GROUP	TUESDAY	WEDNESDAY	SATURDAY
5- 8 Years	4:00 pm - 4:45 pm	4:00 pm - 4:45 pm	9:00 am - 9:45 am
9-12 Years	5:00 pm - 5:45 pm	5:00 pm - 5:45 pm	10:00 am - 10:45 am
13+ Years	6:00 pm - 6:45 pm	6:00 pm - 6:45 pm	11:00 am - 11:45 am

1 CLASS/WEEK • 9 WEEK SESSION: \$249 • SIBLING DISCOUNT: \$199

2 CLASSES/WEEK • 9 WEEK SESSION: \$439 • SIBLING DISCOUNT: \$351

WHY SHOULD YOUR KIDS JOIN THE YOUTH FITNESS ZONE?

Today our children don't get the activity and exercise that's so important for them to stay physically and mentally healthy. Statistics show that the vast majority of kids choose not to participate in organized sports past the age of 8. With phones, video games and computer screens dominating our children's life it's becoming more and more important to get them up out of the chair and physically active. Youth Fitness Zone is the answer. Our age appropriate group classes are designed by exercise physiologist especially for kids. In our fun filled classes kids will learn age appropriate strength training and cardio movements in a safe and functional fashion. Youth Fitness Zone is the fun, safe and effective way to get your kids active.



IT'S FUNDAMENTAL

- Living unhealthy & sedentary lifestyles, even before covid, but now more than ever
- High rates of obesity, heart disease, diabetes etc.
- Exercise IS preventative medicine
- Physical health is directly related to mental health, yet physical activity is harder for children to come by
- Gym class and sports programs being cut or virtual
- Lack of social interaction
- Lack of structured exercise programs for kids who aren't in sports



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