

Are you interested in  
empowering others to lead  
an active lifestyle?

Are you active and looking  
for ways to expand your  
opportunities?

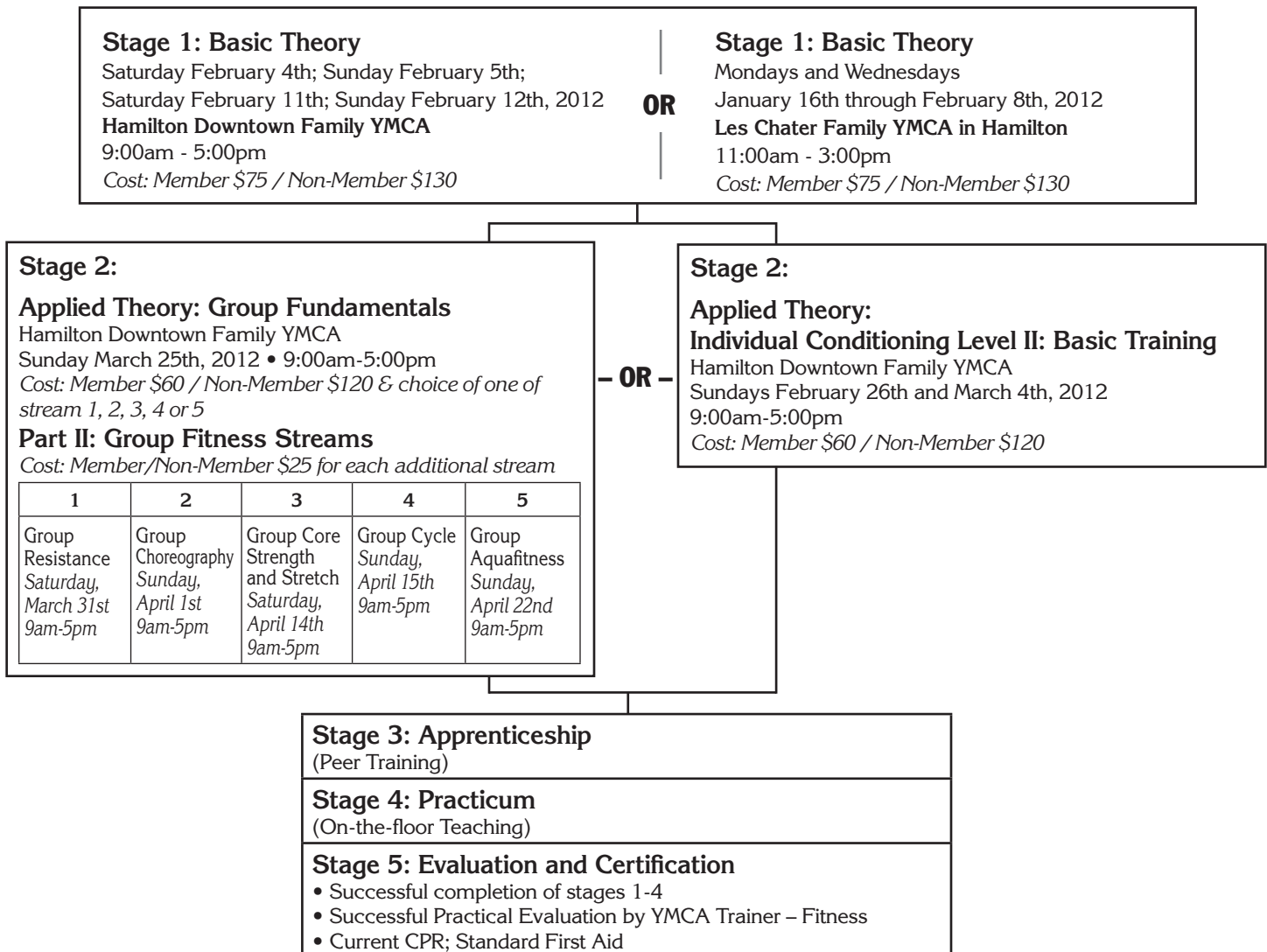


# Fitness Leader Certification

The YMCA has a long history of encouraging individuals to assume responsibility for themselves and the welfare of others. The YMCA developed the first nationally recognized fitness leadership program, and continues to train fitness leaders around the world.

This certification will teach you how to design and lead an effective fitness class.

## The Leadership Model



For more course information contact:

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Flamborough Family YMCA (905) 690-3555

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