



We build strong kids, strong families, strong communities.

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Join the Ken-Ton YMCA for Teen Cycling

(Kenmore, NY) – The Ken-Ton Family YMCA is pleased to offer Teen Cycling classes on Monday evenings from 4:45-5:15 p.m. Fun energetic music will keep you motivated and participants are encouraged to bring a friend for **FREE!**

Certified instructors will lead teens, ages 12-19, a variety of skills needed to take part in cycling from proper hand positions to hand movements on a stationary bike. Catering to both the elite and recreational athlete, this high energy group exercise class is a low impact workout that integrates music, camaraderie, and visualization enabling a powerful mind and body connection. Your fitness results will be unparalleled and you will leave the class feeling great!

To learn more about Teen Cycling, please contact the Ken-Ton Family YMCA at 874-5051 today or log on to www.ymcabuffaloniagara.org

YMCA Buffalo Niagara is an inclusive association of people committed to a common effort to help individuals and families reach their fullest potential in terms of spirit, mind, and body. Founded locally in 1852, the YMCA is committed to significantly expanding a fiscally sound, service delivery organization which delivers high quality, market driven services to a growing Western New York constituency.

As a dynamic, charitable, organization, YMCA Buffalo Niagara has been able to assist countless youth, families, and senior citizens so that they may benefit from YMCA programming. YMCA Buffalo Niagara serves more than 100,000 people annually through its association of seven branches across Western New York, YMCA resident Camp Weona as well as 40 community based program sites. From fitness to school age child care programs, swimming lessons to camp, there is something for everyone at the YMCA. For more information on all of the programs the YMCA has to offer and our financial assistance program, please contact your local YMCA branch or visit us online at www.ymcabuffaloniagara.org.

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