

WHAT DO YOU GET?
Free 8 week fitness membership
Weekly Uplift classes
Ongoing support from the Y staff

the Y | NSW

Uplift

FREE 8 WEEK WELLNESS PROGRAM
for people aged 12-15 & 16-24

Wednesdays | 4:30pm-6pm

Uplift Location: Ku-ring-gai Fitness & Aquatic Centre

To register yourself or someone else for this program, please go to
ymcansw.org.au/uplift

*T&Cs Apply – Visit our website for eligibility requirements.

Ku-ring-gai Fitness and Aquatic Centre

Loftberg Rd, West Pymble, NSW, 2073

Beth Robinson 0477 674 946



How can Uplift help?

Uplift was developed with the benefits of exercise in mind.

Exercise has been shown to:

- Improve your physical fitness and health
- Reduce symptoms of depression and anxiety
- Improve self-esteem and self-concept

Over the 8 weeks, you will meet new people, get fit, and experience the benefits of exercise for yourself.

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Mentally, emotionally, physically and socially this program has made an immense positive impact on my life. My sleep schedule and eating habits have improved, physically I'm healthier and I feel better about myself, my appearance and the way I have structured my weeks around this program.

Isabella, 18

YMCA Uplift Participant

I enjoy the welcoming encouraging environment provided by the instructors the most. It feels like we're there to do our best rather than be yelled at or pressured to do something we can't do.

Phillipa, 18

YMCA Uplift Participant

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We believe in the power of inspired young people

