

T.O.N.E.

(Teen.Outreach.Nutrition.Exercise.)

ages 12-18 years

Registration Opens **June 15th**
For July-November Program Session

Tone is a FREE 3-month program that offers teens the opportunity to have FULL access to Berkshire South's gym, fitness center, aquatics center, classes, and more while learning about health and wellness from our trained staff members. Participants will learn how to safely build strength and muscle, take hands-on nutrition classes, develop a healthy exercise routine, and compete for prizes!

Rolling registration: June 15-September 4th.

TONE Perks:

- ▶ Get a FREE 3-Month BSRCC Membership
- ▶ Personalized Wellness Plan & Fitness Support
- ▶ A Chance To Win Prizes
- ▶ Community Service Credits
- ▶ Exclusive Nutrition Workshops
- ▶ Earn a FREE 6-Month Youth Membership

TONE Requirements:

- ▶ 25 hrs of Personal Fitness
- ▶ 2 Nutrition Classes
- ▶ 2 hrs of Community Service

FREE
FOR EVERYONE

Scan the QR code to learn more



BERKSHIRE SOUTH
REGIONAL COMMUNITY CENTER

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about the program and sign up!