

# TONE.

(Teen.Outreach.Nutrition.Exercise.)

ages 12-18 years

## Rolling Registration!

Monthly TONE Orientation held on the **1st Thursday of each month.**

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!

### 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!