

PASA Adult Fitness Class

All area adults that are looking for a fun and healthy experience over the winter months are invited to participate in our PASA sponsored Adult Fitness class! This class is open to all adults of all abilities.

Are you the taxi driver for players attending our [PASA Winter Technical Training](#) class? Are you wanting to get a jump on your New Year's resolution to get in better shape? No matter what your reasons, please plan to join us for our PASA Adult Fitness class.

Class Details:

Location: Bedford Area Family YMCA
Address: 107 Turnpike Road, Bedford, VA 24523
Dates: Friday Evenings from December 9, 2011—February 24, 2012
No classes on December 23 or 30

Times: 6:30—7:30 pm

Price: \$65 per participant through December 2
\$85 per participant December 3—9
\$10 per session per participant after December 9

Registration: Online registration is available on the PASA Website (www.pasasoccer.info)

Payment: Payment by credit card or PayPal can be made on the PASA website (www.pasasoccer.info). Payment by check is also accepted. Checks should be made payable to “PASA” and mailed along with a printout of fully completed registration form to PASA, P.O. Box 2133, Forest, VA 24551.

Begins Dec 9th

Contact doc@pasasoccer.info or ajmadero@liberty.edu for more information on this and other training available through PASA.



Peaks Area Soccer Association

Social and Moral Development Through Soccer

P.O. Box 2133

Forest, VA 24551

