



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Adrian Viruet



Wellness/Fitness Philosophy:

I take pride in pushing others to be the absolute best they can by working with you to set both short and long term goals and give you the tools necessary to achieve and track those goals. Having played and coached almost every sport, I've had to set goals to overcome challenges both with myself and with athletes I have coached. With the knowledge and experience I've gained coaching various sports and age ranges I am confident I can assist you in reaching your next goal. I give you my best so you can perform at your best.

LANCASTER FAMILY YMCA

City Center Branch
265 Harrisburg Avenue
Lancaster, PA 17603
Phone: 717-393-9622
Fax: 717-283-1984
lancasterymca.org

Lampeter-Strasburg Branch
800 Village Road
Lancaster, PA 17602
Phone: 717-464-4000
Fax: 717-283-1988
lancasterymca.org

YMCA at New Holland
123 North Shirk Road
New Holland, PA 17557
Phone: 717-354-4747
Fax: 717-355-9943
lancasterymca.org

YMCA Camp Shand
20 Penryn Lane, PO Box 339
Cornwall, PA 17016
Phone: 717-272-8001
Fax: 717-272-2633
lancasterymca.org