



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Dana Burig



Wellness/Fitness Philosophy:

My fitness philosophy includes the basic principles of maintaining a positive attitude, eating healthy and promoting an active lifestyle. Although making the time to exercise in the midst of your busy days can sometimes be challenging, exercising can be fun and will enhance all other aspects of your life. By setting reasonable objectives combined with the proper guidance and encouragement, I believe everyone can achieve their fitness goals. I would like the opportunity to help you accomplish this by inspiring you to make positive changes in your overall well-being.

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