



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GET FIT AND HAVE FUN!

TEEN TRAINING 101

Teens will learn proper exercise technique on the cardiovascular, resistance machines and free weights. The emphasis is on safety and learning a healthy lifestyle. Upon completion of this class, students will be completely confident and comfortable in the Fitness Center.



Ages 12 - 15 are welcome and 14 -15 year olds will qualify for a Teen Fitness Passport Card!

Dates: Sept. 12th - Nov. 13th

Times: Saturday 12:30 -1:30 pm

Location: Fitness Center

Instructor: Peter Lopez

Price: Family Member \$150

Youth Member \$160

Non-Member \$195

**Teen Fitness
Passport
Card
Qualifying
Class**