



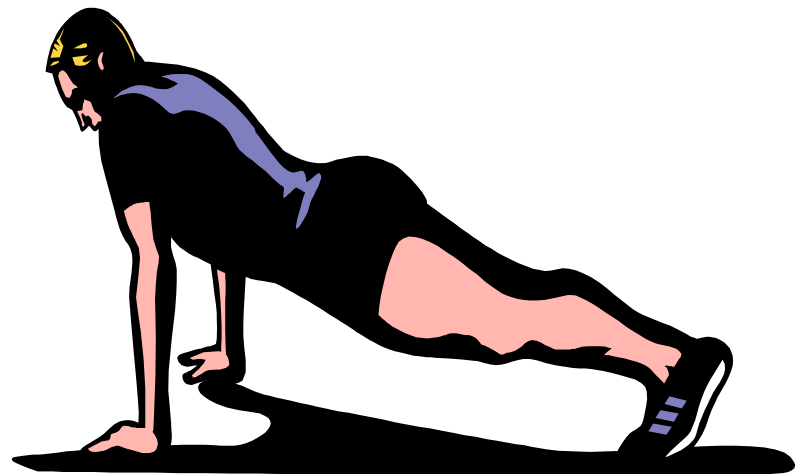
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

START OFF RIGHT

ON/OFF SEASON SPORTS CONDITIONING PROGRAM FOR TEENS WITH BRENDAN

Under the supervision of a certified personal trainer, teenage athletes will develop the correct form while exercising, build strength and improve endurance off the court and fields.

The 9-week session is limited to 5 – 10 teens.
Ages 12 – 15 are welcome!



Dates: Sept 12th – Nov. 13th

Times: Tues & Thurs 3:30 – 4:15 pm

Location: Wellness Center

Instructor: Brendan Ahearn

Price: Family Member \$185

Youth Member \$195

Non-Member \$255

This class
qualifies for a
Teen Fitness
Passport