

TEEN WEIGHT TRAINING 101

Ages 13-15 years

(3) One hour sessions

Our program is designed for teens who want to learn safe and proper technique, proper program design and program variation. Participants will learn weight machine, dumbbell and body weight exercises.

This class will be led by a Certified Personal Trainer, ACSM Health Fitness Specialist or staff with a 4-year Exercise Science degree.

Youth ages 13-15 who wish to use the fitness area without parental supervision **MUST** successfully complete this course.

Exception: Any youth who has completed 3 or more personal training sessions or a 4 week prescription does not need to complete this course in order to use the fitness area.

Program Fee

One-on-one: \$90

Partners: \$75 (each person)

Group of three: \$60 (each person)

**Interested in pairing up with someone?
Let us know and we'll help you find a partner!**

