

# Teen Weight Training

\$25 Per Session

Ask the front desk for dates, times, and to sign up.

Teen certification is designed for our youth members (ages 12-15) who are interested in learning how to safely perform a variety of cardiovascular and resistance training exercises. The class covers learning major muscle groups, how to stretch, and how to put together a workout using all types of resistance training techniques. Once completed, youth members are certified to use the Wellness Center in advance of their 16th birthday.

*NOTE: Youth ages 12-15 are required to have supervision from parent or legal guardian while working out in these rooms prior to taking this course.*



**FOR YOUTH DEVELOPMENT**  
**FOR HEALTHY LIVING**  
**FOR SOCIAL RESPONSIBILITY**