

WEIGHT TRAINING FOR TEENS

4 week holiday mini-session

Friday OR Saturday
5:00-6:00pm 1:00-2:00pm

Meets 11/27, 12/4, 12/11, & 12/18 Meets 12/5, 12/12, 12/19, & 12/25



**Work with Master Trainer,
Craig Catanese.**
**This program is designed
for the 9-16 year
Old adolescent.**
**Taught in a co-ed
environment.**
**Meets once a week
for 4 weeks.**

This program teaches proper weight training & resistance training techniques with the following benefits:

***Increased muscle strength and endurance**

***Physical Fitness**

***Weekly nutrition talks**

***Weight Maintenance**

***Improved sports performance**

***Stronger bones**

***A fitness habit for life**

Cost: Members \$49
Nonmembers \$69

Drop in fee:
Member \$15
Nonmember \$20

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