

# WEIGHT TRAINING FOR TEENS

Ages 9+



Recommended for the 9-16 year old adolescents, proper weight training & resistance training techniques offer the following benefits:

- \*Increased muscle strength and endurance
- \*Improved sports performance
- \*Physical Fitness
- \*Weight Maintenance
- \*Stronger bones
- \*Weekly nutrition talks
- \*A fitness habit for life

**Course #140** Friday 5:00-6:00pm Begins Oct. 8th  
**Course #144A** Saturday 1:00-2:00pm Begins Oct. 9th  
Classes meet once a week for 8 weeks  
Cost: VIP Member \$89      Nonmember \$119

**Drop in fee:**  
**VIP Member \$12**  
**Nonmember \$15**

No drop ins after October 16  
(unless you have previously taken this class)

**Spa 23**  
Health & Racquet Club

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