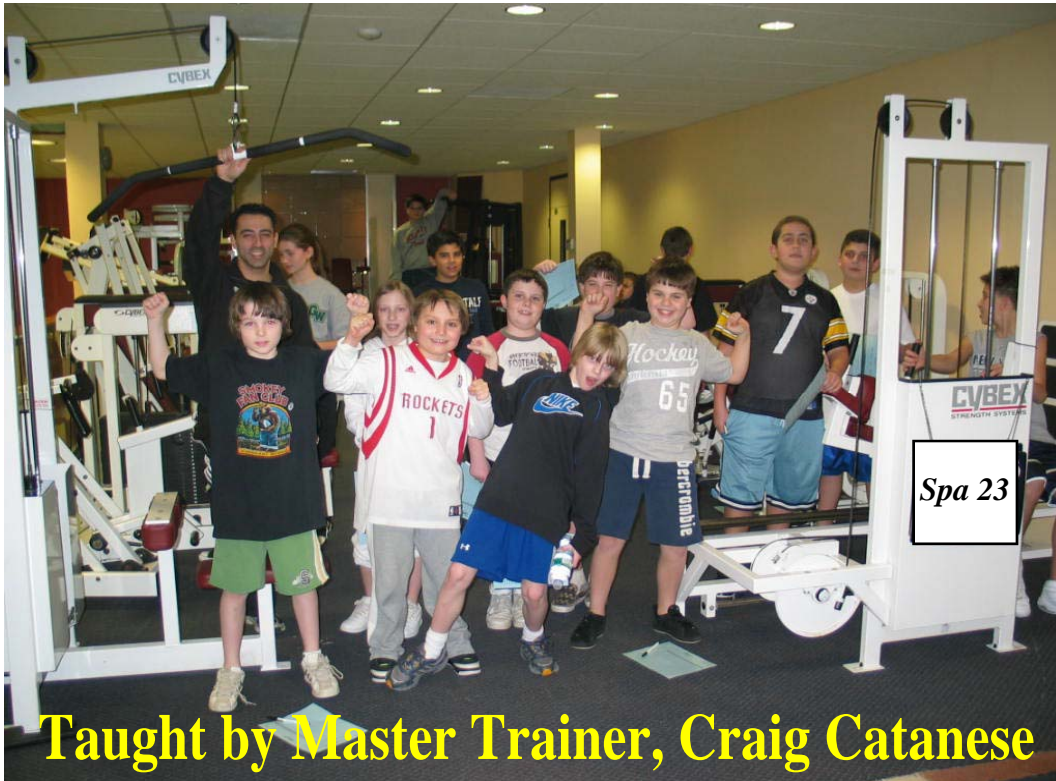


WEIGHT TRAINING FOR TEENS

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 #128 Friday 5:00-6:00pm Begins 3/26

Course #133 Saturday 1:00-2:00pm Begins 3/27

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 April 16th

(unless you have previously taken Craig's class)



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