

YMCA TEEN WEIGHT TRAINING

AGES 13-17 YEARS



Ages 13 to 15 require a teen weight trainer card to work out in the fitness center.

Participants will receive an information package and a starter full body resistance training workout that they can get started on right away.

The course is 2 hours and there is a test of the major muscle groups and fitness center expectations at the beginning of the session. Come ready to work out in proper attire and indoor shoes. A water bottle is recommended.

Waivers and info forms must be filled out and signed by parent/guardian at least 2 days prior to the course start date.



REGISTER TODAY!

- FRIDAYS 1:30-3:30PM
- MEMBERS: \$25.00
- NON-MEMBERS: \$35.00