



TEEN WEIGHT ROOM CERTIFICATION CLASS

FOR AGES 11-13, EARN YOUR TEEN WEIGHT ROOM CERTIFICATION



Details: _____

- 1-hour class led by a certified personal trainer
- Hands-on instruction on proper equipment use and form to prevent injuries
- Must complete to workout independently. Cost \$25

Class Schedule: _____

- **2nd Monday** of each month
11am-12pm
- **4th Wednesday** of each month
7pm-8pm

SIGN UP

Scan the QR code
with your phone

