

Youth Weights

If you are 12 or 13 years old and want to be able to use the upstairs fitness equipment, this course is for you! This program teaches our younger members how to use the circuit properly, lift free weights, and use the cardiovascular equipment. When this program is completed, all participants are given a pass which allows them to use all equipment in our facility. This is a great privilege that also ensures safety!

Please sign up at the front desk.

Class size is limited to 6 participants per session.

Fall session will meet for 4 classes

All 5 classes are mandatory, no make-ups will be offered without being **PRE-arranged** with instructor.

Any other questions, contact Brianna 432-9236.

Fee: \$30

Fall Session

Dates: Sept 9th – Sept 12th

Times: Tuesday-Friday, 3:15-4:30

Instructor: Brianna Hermans

ALL DAYS REQUIRED FOR YOUTH PASS

Spring Session

TBA, please sign up at front desk