

Do you have an overweight preteen/teen?

Get your pre teen/teen involved in fun, healthy and non-competitive exercise.

This small group personal training class is designed for preteen/teens that are 20+lbs over weight that want help learning to make exercise effective and fun. Participants will work with a fun, kind and motivating trainer.

South

Mondays/Wednesdays

10–11am

Session I June 9–July 2

Session II July 7–30

or

Tuesdays Thursday

1–2pm

Session I June 10–July 3

Session II July 8–31

12–15 ages

\$160.00 Members

\$225.00 Nonmembers

