TEENS&HEALTH

CERTIFICATION

With a Youth Certification, your 11 to 14 year-old can participate on the fitness floor and in all club programs!

The Teens&Health Certification Program is 4 1-hour interactive classes that provides important information about nutrition, cardiovascular training, strength, flexibility and balance training. Your 11 to 14 year old will learn and train with their peers on how to exercise in the club using a simple workout program developed for him or her.

Upon successful completion of the program, your child is eligible to workout on the fitness floor with a parent present in the club, and also participate in all club programs.

ADDITIONAL PROGRAM INFORMATION:

NEXT AVAILABLE SESSION:

COST: $125

teens & health

For more information or to register please contact Site Director Megan Pray at mpray@sportandhealth.com or call 703.555.5555.