

Youth Wellness Training

\$20 Per Session

Youth Wellness Training is designed for our youth members (ages 10 and 11) who would like to workout on the cardio machines in the wellness center with their parents. They will be learning how to properly use all cardio equipment. Once completed, youth members are certified to use the cardio equipment in the wellness center with parents supervision.

Ages 10 and 11

Ask the front desk for dates, times, and to sign up.

NOTE: Youth ages 10 and 11 who have attended Youth Wellness Training are required to have supervision from a parent or legal guardian while working out. Youth members must take this class to use the Wellness Center.



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**