



TEEN X GROUP EXERCISE

**GROUP EXERCISE FOR
TEENS 12 TO 16 YEARS OLD
2 TIMES A WEEK FOR 4
WEEKS**



**Cost: \$25 monthly
Monday & Wednesday
4:15pm to 5:15pm
Starting on June 6th**



- **Have fun learning weights and cardio**
- **Proper use of equipment**
- **Fun exercise activity**
- **Make new friends**