



# TEEN FITNESS CLASSES!

Ages 12-18 years old  
Thursday's 4:00-4:45PM  
Charles Chrin Community  
Center

## 6 week session

April 22nd - May 27th = \$100.00  
Classes will be outside if weather is nice, indoors if weather is bad.

What to expect: Cardio, Body Weight Exercises, Medicine Ball Work, Speed and Agility Drills, Stretches, Calisthenics and more. Fun, upbeat music will be played in the background. Classes will not use heavy weights. Kids bring their own water and parents can drop off at 3:55pm. Pick up at 4:45pm.

This class is intended for teenagers who are serious about fitness and are willing to work hard for 45 minutes each week. Every kid can go at their own pace, but **EFFORT** is the key to success in this class!