

**TEEN EXERCISE CAN
BE A GREAT START
TO A LIFELONG
COMMITMENT TO
A HEALTHY LIFESTYLE.**

JR. CERTIFICATION

Ages 10-12 & 13-15

**Led by Certified
Trainers/Instructors**

**\$35 1st Child
Siblings \$10**

**Tue 9/7 or Wed 9/8
4:00-6:00pm**



**For more information
alyssas@nooksports.com
tammyp@nooksports.com**

JR. CERTIFICATION INFO.



Does your child want to be able to workout on their own , on our fitness floor, and take classes with their friends? If so...

This Certification is for them!

- *Proper Weight Training**
- *Safe Use of Cardio Equipment**
- *Fitness Floor Etiquette**
- *Group Fitness Class Recommendations**



Upon Completion Receive:

- *Certificate**
- *T-Shirt**
- *Lanyard and badge**
(must wear when working out)

Registration Forms available at the Fitness Desk