

# 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 available at [www.spookynooksports.com](http://www.spookynooksports.com)  
login with your email/password, activities,  
Fitness/Group Fitness, Enroll now under Junior Certification,  
and choose your date!**

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

**Led by Certified  
Trainers/Instructors**

For more information  
[alyssas@nooksports.com](mailto:alyssas@nooksports.com)  
[tammyp@nooksports.com](mailto:tammyp@nooksports.com)

SPOOKY  
**N O O K**  
FITNESS

**JR. CERTIFICATION  
Ages 10-12 & 13-15**

**Next Date 10/19 & 10/20  
4:00-6:00pm**