

JR. CERTIFICATION INFO.



Does your child want to be able to work out on the fitness floor, and take Group classes. 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 have the lanyard with you when working out or anywhere on the Fitness Floor)

Registration available at www.spookynooksports.com login by setting up a username/password, activities, Junior Certification, and choose your date!

\$35
1st
Child
Siblings
\$10

JR. CERTIFICATION

Ages 10-15

Led
by
Certified
Trainers



APRIL Dates:
4/12/2022 6:00-8:00PM
4/19/2022 & 4/20/2022
4:00-6:00pm

For more information contact:
fitnessstaff@nooksports.com

