

# 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!

**Last Dates in  
2021  
4:00-6:00pm  
12/7 & 12/8**

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



**Led by Certified  
Trainers/Instructors**

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

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



# Jr. Certification Equipment & Classes

## Upstairs

Treadmills

Elliptical

Recumbent Bike

Upright Bike

Rower

Free Runner

Stair Climber

Red Circuit Equipment (Pin)

(NO Cable or Weight Equipment)

## Downstairs

Climber

Rower

Air Dyne

Rope

TRX Straps

Sled

Hill

Ninja

Track

Slam Balls

Dumbbells

Pin, Body-Weight & Cardio Equipment Only!

NO Weight Equipment

## Classes

### Cardio

BODYCOMBAT

BODYATTACK

ZUMBA

CYCLE

### Mind-Body

BODYFLOW

YOGA

### Strength

BARRE

TRX

CORE

BODYPUMP

### Combo

ZONE

HIIT