

# Youth Strength Training

Youth Strength Training is a 3-week program for youth 12 and 13 years old with a goal of learning to safely use the cardio and weight machines in the Health & Wellness Center. This program includes learning the basic muscle groups and beginning weight lifting protocol. As part of the program the youth will receive a basic weight lifting and cardio program for them to follow when they return on their own. Upon successful completion of this program the youth may be up on the Health & Wellness Center unaccompanied by a parent or guardian.

Cost: Members \$25.00 /Program Participants \$50.00