



TEENS IN TRAINING

This course will give your child hands on instruction covering proper biomechanics on select machine usage, free weights and cardiovascular equipment operation. We will give you the foundation and knowledge to create a safe and comprehensive workout plan.



Contact Us



**For
Members
Only**



- ✔ Required for youth 11-14 that want weight room access
- ✔ Class limited to no more than 5 at a time
- ✔ All Skill Levels Welcome
- ✔ Class is less than 60 minutes in length



Phone Number
903-677-4430



Website
www.caincenterymca.org



Location
214 Loyola Drive