



TEEN STRENGTH

TRAINING

FEBRUARY 4 - 27

Tuesdays 5:30-6:15 p.m.

Thursdays 5:30-6:15 p.m.

MARCH 4 - 27

Tuesdays 5:30-6:15 p.m.

Thursdays 5:30-6:15 p.m.

Cost per session
(Tuesday or Thursday)

\$40 + tax Members

\$80 + tax Non-Members

Strength Training for ages 14-18

- Build physical power, confidence and healthy habits for life
- Improve athletic performance and lay the foundation for lifelong wellness
- Age-appropriate workouts with certified trainers
- Enhance strength, endurance and coordination
- Make friends and grow in a supportive team environment



WAYS TO REGISTER



(515) 961-9408



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