



YOUTH 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 9-13

- Led by a personal trainer for proper technique and injury prevention
- Focus on correct form and improving strength
- Utilize free motion weight machines and light free weights
- Ideal for kids starting their strength training journey



WAYS TO REGISTER



(515) 961-9408



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