

# TEEN PROGRAMS

TEEN PROGRAMS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3:30pm		<b>SUPERVISED TEEN GYM</b>		<b>SUPERVISED TEEN GYM</b>	
4:30pm	<b>TEEN ACTIVE</b>		<b>TEEN ACTIVE</b>		<b>TEEN ACTIVE</b>

## TEEN ACTIVE

The Teen Active program is designed to keep teens engaged, active, and learning in a supportive environment. Led by a qualified group fitness instructor, these sessions take place in the group fitness room and focus on teaching bodyweight exercises, proper use of free weights, and barbells ensuring a balance of strength, movement, and enjoyment. It's the perfect way for teens to build confidence, develop fitness skills, and stay active!

## SUPERVISED TEEN GYM

The Supervised Teen Gym program offers teens the opportunity to explore the gym with the guidance of a qualified gym instructor. During these sessions, teens can learn how to safely and effectively use gym equipment, develop an understanding of proper gym etiquette, and enjoy the freedom to train in a way that suits their interests and goals. With a focus on education, social interaction, and autonomy, this program empowers teens to build confidence, develop healthy habits, and enjoy their fitness journey in a supportive environment.