



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WORK HARD TO PLAY HARD

Next Level Fitness – Teen Fitness Program

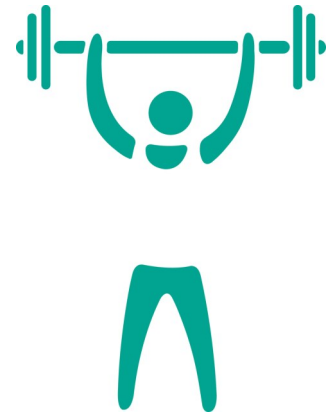
Next Level Fitness is a coach led teen fitness program where participants can choose which level to be in.

Level 1 – Generalized workout program that focuses on strength and conditioning. This level is good for anyone looking to improve overall health and performance.

Level 2 – More sport specific program that helps prevent common sport injuries while also improving overall athletic performance.

Level 3 – This is an Olympic weightlifting program that is available to increase athletic capabilities or to compete in Olympic weightlifting.

Level 1-2	Level 3
Time: 4:00 - 4:45pm	Time: 4:45 - 5:30pm
When: Monday - Thursday	When: Monday - Thursday Jan 6-June 18
Where: Group Training Studio	Where: Group Training Studio
Ages: 11 - 15	Ages: 11 - 18



Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.