

STRONG

YOUTH STRENGTH PROGRAM

TRAINING FOR ATHLETES AGES 11-13

Tuesdays, February 22nd to March 29th

5:00 PM, Twinsburg Fitness Center

Trainer: Dustin Quarles

Boys and girls ages 11 to 13 are invited to build strong exercise habits with Dustin Quarles, certified personal trainer. Each week consists of introduction to new equipment and a workout. Participants will earn their Pro-Teens certification, allowing them access to TFC equipment while accompanied by an adult.

Program Rates: *Rate covers all 6 weeks!

TFC Member - \$50

District Residents - \$65

Nonresidents - \$78

Sign up at TwinsburgRecreation.com!

In-person registration at the Twinsburg Fitness Center.

