

TEEN STRENGTH WEIGHT TRAINING HOUR

For Ages 13–17*

Tuesdays and Thursdays | 3:30 – 4:30 PM
January 2–30 in the 14Y Fitness Center



Join certified trainers for fun,
informative sessions on strength,
plus nutrition, and wellness!

**This class is free for anyone with a
14Y Teen Membership.*



Learn more at
14StreetY.org/FitnessClasses

