



Summer Teen Training Programs

Strength

2 / week 1.5 hr (3 weeks)

Monday/Wednesday 9:00-10:30am Miramont Central

Speed/Agility

2 / week 1 hr (3 weeks)

Wednesday 8:00-9:00am (Miramont Central)

Friday 9:00-10:00am (Miramont North)


Endurance

2 / week 1.5 hr (3 weeks)

Tuesday 9:00-10:30am (Miramont North)

Thursday 9:00-10:30am (Miramont Central)

**Please see an Account Executive for more
information and pricing.**





Summer Teen Training Programs

TeenStart - Learn to Exercise

**Individual program arranged with a trainer
2 / week 1 hr (4 weeks long)**

Teen Wt. Loss

**Individual program arranged with trainer
2 / week 1 hr (4 weeks long)**

Teen Athlete - Strength, Speed/Agility & Endurance

3 / week (One of each 4 hrs)

Teen Elite - Strength, Speed/Agility & Endurance

6 / week (Two of each 8 hrs)

**Please see an Account Executive for more
information and for pricing.**

