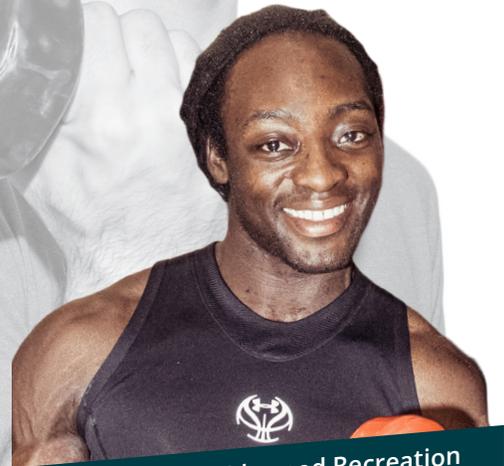


# YOUTH FITNESS TRAINING

## FOR TWEENS OR TEENS

This is an empowering small group Personal Training Circuit Style Program, designed specifically with young adults in mind. Proper weight training for young adults, is very different than how an adult trains. Under the professional guidance of Gael Tambe-Ebot, you will gain strength, endurance, agility, flexibility and power to help you improve your fitness or sports performance in a safe and progressive manner. These sessions will be fun, inspiring and encouraging. Learn good habits to last a lifetime!

Resident fee: \$31 • Non-resident fee: \$42



Taught by Tumbleweed Recreation Center's Personal Trainer,

**GAEL**  
ACSM Certified

### TWEENS

3TW128 Sa 4/2-4/30 10:30-11 a.m. 12-14 yrs

### TEENS

3TW129 Sa 4/2-4/30 11 a.m.-noon 15-17 yrs

CHANDLER

**Parks & Recreation**  
Discover. Imagine. Grow.

Register at Tumbleweed Recreation Center or online at  
[www.chandleraz.gov/registration](http://www.chandleraz.gov/registration)

For more information call 480-782-2907