



LEARN-TO-LIFT



U 365 TRAINING

YOUTH PROGRAM AGES 12-15

\$200
per 4 weeks

3x per week 12 total sessions



Session will run
from
FEBRUARY 1ST
through
FEBRUARY 29th

WINTER/ SPRING 2020 SCHEDULE

Participants learn how to build and tone muscles, increase lean body mass, and improve hand-eye coordination, balance, movement, cardiovascular-respiratory endurance, flexibility & agility. As a result of overall body conditioning and increasing their physical fitness levels on a regular consistent basis.

Participants will be coached by a personal trainer to develop proper lifting technique and form, program design, determine a 3 rep max and apply the fundamentals of nutrition.

FEBRUARY

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

MARCH

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

APRIL

S	M	T	W	T	F	S
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

MAY

S	M	T	W	T	F	S
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23	24	25	26	27	28	29
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