

YouthFit

This **FREE** 2 hour session offers individuals **ages 13 – 17**, with parent/guardian consent, an opportunity to learn the importance of safe fitness training using cardio and weight equipment.

The course includes:

- Basic knowledge of equipment
- How to apply training principles
- Proper weight selection & technique
 - General equipment safety



Monday, 11 March from 1300 hrs - 1500 hrs

Each participant is required to complete a consent form with a parent/guardian signature. Participants are requested to meet in the main lobby of the Buell Gym wearing appropriate gym attire, including indoor shoes and a water bottle.

To sign up for one of the upcoming courses, please stop by our recreation kiosk or call (705) 424-1200 ext 1536.