

2016 SUMMER YOUTH WORKSHOPS

WITH **ZACK TAYLOR**
ACSM-CERTIFIED PERSONAL TRAINER

This fun introduction to fitness will teach healthy & safe training techniques focused on getting their fitness off to the right start. Each day will consist of 30 minute blocks of stretching, cardio, body weight training, and swimming.

JUNE 13TH – AUGUST 22ND
10-14 YEARS OLD
MONDAY – THURSDAY
\$35/DAY | 12:00-2:30PM



*If this time doesn't work, create your own group [minimum of 4] & pick your own time!

Kids aged 12-14 who complete a week of camp are eligible to receive a gym certification to use the gym on their own.

More information or to sign-up, see the front desk or email ztaylor@zenergysv.com

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