

# Teen Fitness ORIENTATION

ACHIEVE RUN SWIM PLAY  
SPIN STRETCH SHARE CLIMB  
JUMP PULL LEAP RELAX  
TWIST REACH LEARN SMILE  
THROW DIVE SERVE BOUNCE  
SHOOT BIKE LIFT EXCEL

2019



SAFETY  
RULES  
ETIQUETTE

Learn the fundamentals of exercise, exercise safety and fitness center rules and etiquette.

*This program is required for all 11-15 year old members who want to use our fitness center.*

Pre-registration is required. Upon arrival, check in with the front desk.

For more information, or to register, please contact the Registration Desk at 630-978-6280 or talk with the Fitness Manager, Carrie Long.

## TEEN FITNESS ORIENTATION

**Fee:** FREE to members!

**Time:** 11 to 11:30 a.m.

### **SUMMER SESSION:**

June 8 and 22

July 6 and 20

August 10 and 24

### **FALL SESSION:**

September 7 and 21

October 12 and 26

November 9 and 23

December 7 and 21

### **WINTER SESSION:**

January 11 and 25

February 8 and 22

March 7 and 21

April 4 and 18

May 9 and 23



Rush Copley Healthplex Fitness Center