

# Teens ~ N ~ Training

For ALL teens ages **13 years and older.**



*The American Academy of Pediatrics, American College of Sports Medicine and The National Strength and Conditioning Association all support strength-training for teens -(if done properly.)*

## TNT Provides:

- ➡ Education on proper usage of cardio, Cybex & Freemotion equipment\*\*
- ➡ Instruction for warming up before and stretching after strength training
- ➡ Lessons on gym etiquette
- ➡ Nutritional Guidance

*\*\* Individuals must meet height requirements for particular training equipment.*

## Who is TNT for?

- Teens ages 13-15 who wish to join the gym and use the Cybex and Freemotion equipment must take this TNT program. (Without attending this program, members age 13-15 are limited to the use of cardio equipment only.)

~ AND ~

- Teens ages 16-18 who would like to learn the proper use of the Cybex and Freemotion machines.

## What is TNT?

A **3 or 6** sessions that will educate teens about the importance of strength training and how to safely and properly use select pieces of weight-training equipment.

The sessions are conducted by a **Certified Personal Trainer** in a small group (2-4 participants) or on an individual basis.

## After TNT ...

Participants are '**certified**' and are able to use select weight-training equipment on their own. They can also choose to continue personal training sessions on an ongoing or periodic basis.

### Fundamental Certificate

**includes 3 sessions**  
with a Certified Personal Trainer  
for Cybex and Core Training

Small Group (2 to 4/group, 60 min.): \$ 99  
Individual (1 on 1, 45 min.): \$135

### Elite Certificate

**includes 6 sessions**  
with a Certified Personal Trainer  
for Cybex, Free-Motion and Core Training

Small Group (2 to 4/group, 60 min.): \$ 189  
Individual (1 on 1, 45 min.): \$ 250

Rates are per person.



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