



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LIFT BIG AND GET STRONG

Teens Who Lift ROCKY MOUNT



Sick of winter schemes but want to improve your fitness, or want to physically improve to play a competitive sport? Then come and join us in the gym where anything is possible at our Teens Who Lift strength class. Each training session will last approx. 1 hour and include a range of strength, power and endurance exercises within the gym and fitness area. Emphasis is placed on correct technique and appropriate exercises based on biological and training ages of each participant.

Class basics:

- Learn to lift with proper form and technique
- Mobility and movement preparation
- Strength training to maximize total body strength
- Power development to improve explosiveness



WHEN: Wednesdays, November 7th-December 12th
TIME: 4:15pm-5:15pm
LOCATION: FLEX GYM/WEIGHT ROOM
PRICE: \$40/MEMBERS \$60/NON-MEMBERS

FRANKLIN COUNTY FAMILY YMCA
235 Technology Drive
Rocky Mount, VA 24151
540-489-9622