



SIGN UP NOW FOR THE SIMMONS CENTER
LIFTING IS FOR TEENS CLASS (L.I.F.T.)

MAY 17TH @ 4 p.m.

Lifting Is For Teens

This class is designed for children 12-15 years to promote and provide a safe and instructional training in the weight/cardio room. Upon successful completion, teens will be allowed unsupervised access to the weight/cardio room. L.I.F.T. badges must be worn and visible at all times. Non-marking athletic shoes are required (no flip-flops or sandals.) Class is for members only. A minimum of 4 children required for class to be held.