

NEW! Summer Fitness Programs

FOR YOUTH AND TEENS



Junior Fitness and Strength Training

Whether you are an athlete or just looking to get physically active, this program is designed to increase overall physical and performing ability. Classes will focus on a variety of training techniques to increase cardiovascular endurance, strength, flexibility, balance, agility and weight management. Min 3/Max 6

Personal Trainer: Zane Lodico

For ages 8-10 • Thursdays 12 to 12:45 p.m.

Members: \$45 Nonmembers: \$65

4 weeks — June 7, 14, 21, 28

For ages 11-13 • Mondays 5:30 to 6:15 p.m.

Members: \$45 Nonmembers: \$65

4 weeks — June 7, 14, 21, 28

Teen Strength

This class is designed as a beginner course to weight and strength training for youth ages 11-16. Under the guidance of a trainer, teens will learn the proper techniques to strength training to ensure both safety and effectiveness. The trainer will guide participants through a variation of light to moderate weight, dumbbell, machine, plyometric and body weight exercises. Min 3/Max 6

Personal Trainer: Zane Lodico

For ages 11-13 • Tuesdays 12 to 12:45 p.m.

Members: \$55 Nonmembers: \$75

5 weeks — June 1, 8, 15, 22, 29

For ages 14-16 • Wednesdays 6:30 to 7:15 p.m.

Members: \$45 Nonmembers: \$65

4 weeks — June 7, 14, 21, 28

Private Sports Training

Join an experienced trainer in a 1-on-1 sports training session. For athletes or enthusiasts, are available for sport-specific performance, overall fitness, resistance training, cardiovascular endurance, and speed and agility.

Personal Trainer: Zane Lodico

For ages 8-16

\$75 for one-hour sessions — Sessions are unlimited.

To register please call (630) 978-6280 or register online at rhealthplex.com. For more information, please email hpactivities@rushcopley.com.



Rush Copley Healthplex Fitness Center