



IRON TEENS

AT THE UNION COUNTY FAMILY YMCA

6 Week Small Group Training Style Classes

Each class will instruct teens on how to perform the lift of the week!

Our instructor will show teens how to lift, spot, load and unload the weight for the lift listed. They will also teach on the warm up, stretch, cool down and utilize accessory lifts!

This is the perfect class for off season training or to give teens some experience in the weight room beyond our Youth Orientation.



THURSDAYS AT 6PM

July 11 - Squat

July 18 - Bench

July 25 - Deadlift

August 1 - Over Head Press (OHP)

August 8 - Upper Body Accessory

August 15 - Lower Body Accessory

IRON TEENS FEES

6 Week Series: YMCA Members \$60
Non Members \$80

Individual Class: YMCA Members \$10
Non Members \$14

For more information about Iron Teens contact Lori at LRogers@unioncountyyymca.org.

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