

JR FITNESS CERTIFICATION PROGRAM



Saturdays, 1-2pm



Members: \$50

Individual sessions available at a more convenient time for \$80/session. *Registration required 48 hours in advance.*



**For more info or to schedule
PT360@LakeshoreSF.com**

Our Junior Fitness Certification program qualifies children 4th-8th grade in the use of cardio equipment, light free weights, and the running track.

In addition, children will learn basic information about cardiovascular, strength, and flexibility training. During the course, your child will learn the cardio floor rules, how to use the appropriate equipment, as well as basic gym etiquette. The course is taught in 60 minutes. Guidance on appropriate behavior and etiquette in these rooms will also be covered. Upon completion, the children may use the workout areas when accompanied and supervised by a parent.