



YOUTH SMALL GROUP TRAINING

MONDAY & WEDNESDAY

4:30 PM - 5:15 PM

SEPTEMBER 18 - NOVEMBER 8

This class will focus on developing a foundation of strength training techniques for youth and a comfortability with various exercises. There will be a wide variety of equipment used and exercises can be modified as needed, depending on strength level and age.

AGES: 11-15*

COST: \$80

CLASS SIZE: Limit of 6

*Child must be registered for or have completed the Youth Training Program prior to registration for Youth Small Group Training.



Instructor
Grant Higgins

As a Quincy native I am focused on bringing quality strength training to the youth in our area. My journey with fitness began when I was younger and has played a huge role in my life. Having a proper foundation to lift is crucial and is something everyone should be taught to encourage safety and comfort with exercise.

B *BLESSING*
Wellness Center

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