



# YOUTH AND TEEN FITNESS SERVICES

## Teen Fit — Ages 12-13

Teen Fit is a program designed specifically to help educate 12 and 13 year old children on proper weight techniques and proper seat settings enabling them to weight train safely and effectively. As parents, you will feel confident that your child has learned how to exercise effectively. Upon successful completion of the Teen Fit program, your child will be permitted to work out on the adult fitness floor.

Within the program, your child will learn: proper weight training form, proper technique, proper usage of the strength machines and cardio equipment, warm up and cool down, and exercise do's and don'ts. Each participant will also receive a workbook that includes pictures of each exercise and a space to log reps, settings and additional notes.

Flexible weekday and weekend appointments available. All 4 sessions must be completed to pass

4 - 45 minute privates session

\$169 per child

## Sports Performance Training — Ages 8-18

The program contains general to specific activity consistent with the sport and the athlete. While each phase of the training model will differ according to skill level & position, the components of sport mastery that will be emphasized are: injury prevention, neuromuscular coordination, core strength, local muscular endurance, absolute strength, work capacity, speed strength, and dynamic flexibility.

Flexible weekday and weekend appointments available

4 - 60 minute sessions

\$242 per child

Partner and group rates available.

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Contact: **Holly Gatto**, Personal Training Manager, at **724.933.1911**, ext. **163** or [personaltraining@oxfordathleticclub.com](mailto:personaltraining@oxfordathleticclub.com)

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 **OXFORD ATHLETIC CLUB**

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