



MOTIVATING TEEN FITNESS

REDUCE SCREEN TIME, GET HEALTHY AND MAKE MINERALS SPORTS CLUB PART OF YOUR ROUTINE!

It is important to start focusing on health as a young person. Instilling good fitness conditioning and exercise programs early will help young adults head down the right path to a healthy future.

Our fitness staff will teach teens starting their fitness journey all about:

- Health + the Importance of Exercise
- Gym Safety + Etiquette
- Rules of Membership + Equipment Usage
- Proper Snacks + Hydration at the Gym
- How to Properly Use the Machines
- Having Fun While Working Out
- Designing a Motivating Program to Achieve Goals
- And so much more

\$35 per month, plus tax. A minimum of 3 month membership is required.

Teens {ages 14-17} will be limited to the gym and basketball court, no pool access at this time.
We require an orientation with our Sports Club Director Mike Tartaglione.

For details and to register, please see Membership Sales.

#MSCSTRONG    

973.864.8801 | MineralsSportsClub.com | Vernon, New Jersey