



## Teen Fitness University Expectations

Program Length:

Three one-hour personal training sessions, with a nationally certified personal trainer

Program Core:

Warm-up  
Strength  
Cardiovascular conditioning  
Flexibility  
Cool down  
Food Pyramid-Nutrition  
Fitness Etiquette

Certification:

The personal trainer determines the certification.

Session 1: Parent, Teen and Personal Trainer meet (1 hour and 15 minutes) 15 minutes discuss program goals and necessary paperwork and 60-minute total body program with proper warm-up and cool down.

Session 2: Teen and Trainer (1 hour) 50 minute workout with 10-minute discussion on nutrition.

Session 3: Teen and Trainer (1 hour) 50-minute workout and 10 minute wrap up including a review. The trainer determines if teen successfully completed the university and will give the teen their certificate.

Once teen successfully completes Teen Fitness University they are now eligible to sign up for a fitness membership and can workout out without a parent or guardian present. To sign up you will need to present your certificate at the time of registration.