

GOOD To Go!

> OUR 'GOOD TO GO' PROGRAM

Learn the importance of using fitness equipment properly. Our Personal Trainers will take you through all of the equipment on the floor and talk about proper technique and weights. This program is mandatory for teens 14-15 years old who want to use the fitness area.

> SESSION TIMES

- By appointment only
- 1 hour session

> AGES

- 14 – 15 years

> PROGRAM FEE

- \$45

*HST is applicable to all pricing.