



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Date: _____ Staff Member: _____

TEENS-IN-TRAINING

The YMCA Teens in Training Program (TNT) allows members ages 12-14 to get started in fitness and utilize the Wellness Center. Our professional staff will cover cardio machines, a total body resistance circuit, and flexibility training over the course of three appointments. Staff will pay particular attention to proper technique and form and instill basic principles of health and fitness.

Participant's Name: _____

Parent's Name (if applicable): _____

Phone Number(s): _____

Best Time to Call: _____

Preferred Days & Time for Training: _____

Age of Participant: _____