



WEIGHT TRAINING FOR TEENS

14-17yrs

Learn safe, effective, weight-training exercises and techniques. A great form of exercise to build strength, define muscles, prevent injuries and enhance other sports activities. The principles of weight lifting, weight-room etiquette and correct equipment use are covered. Students get a personally designed program and end up with a thorough understanding of weight training in this co-ed class.

W, April 12, 3:45-4:45pm
\$53.60, 8 sessions, 690425
***No class May 31**

Register Now [Burnaby.ca/webreg](https://burnaby.ca/webreg)

Call 604-297-4526 or visit any Burnaby recreation centre