

## Teen/Tween Fitness

Staying fit for teens/tweens can be an effective way of helping teens learn to meet the physical & emotional challenges they face every day. With a combination of cardio and strength training, focusing on age appropriate strength development, they can build lean muscle as well as confidence. Benefits include:

- Maintain healthy weight
- Increase energy
- Reduce stress
- Improve muscle strength & endurance

CAC Personal Trainer, Tamberlyn Bieri, will be offering a monthly session to demonstrate & instruct proper techniques & form for parents & teens in the cardio & weight rooms.



After completion, teens will receive a 'weight-ready wristband' which will allow them access to the cardio/weight rooms when accompanied by a parent.

1 Hour parent/teen session  
\$10 per parent /teen duo  
Ages 12+

Interested in learning more,  
contact the Club's front desk at  
636.532.9992 for upcoming  
sessions.

