# Teen Strength Training

## Basics

**Coached by Certified Personal Trainers: Tadd Stout & Alex Waterbeck**

**winter session 2026!**







December
21st, 22nd, 28th, 29th
12:30pm to 1:30pm



Introduction to Safe and Proper Weight Training for Ages 11-15 Boys & Girls

Members $50

Non Members $60



**Proper Form**

- Squat
- Deadlift
- Bench Press

SC

Register Today
in Person, by Phone or Online

**Phone Number**
330-332-5885

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www.salemcommunitycenter.com