



VETERANS MEMORIAL COMMUNITY CENTER
Inver Grove Heights Parks & Recreation

Sept.– Dec.



Ages 12-16

TEEN STRENGTH TRAINING

Class will focus on activities for teens to build muscular strength, endurance, and balance, while understanding how muscle groups work together. Participants will also learn how to design and track their own workouts.

Session fee:

\$50 member, \$90 non-member
(eight 50-minute classes)

Wednesdays
4:30–5:20 p.m.

SESSION 2
Nov. 4–Dec. 23

Register by Oct. 28
Code: FP-F40-31

Register today!

ighmn.gov/Fitness

651-450-2480 • Scan QR Code

VETERANS MEMORIAL COMMUNITY CENTER - 8055 BARBARA AVE

Contact Katelyn Brown for more information: 651-554-3426

****This activity is not sponsored by ISD 199**

