

# TEEN GYM

12-16 YEAR OLDS | 45 MIN SESSIONS

TUE 2 JULY 8.45AM

THU 4 JULY 8.45AM

TUE 9 JULY 8.45AM

THU 11 JULY 8.45AM

**\$9 PER SESSION**

**EACH SESSION WILL FOCUS ON A COMBINATION OF MACHINES/FREE WEIGHTS/BODY WEIGHT AND CONDITIONING TO HAVE TEENS FEELING CONFIDENT TO SAFELY PERFORM MOVEMENTS IN THE GYM**



**REGISTER AT THE FRONT DESK OR CALL 9186 8684**

**Need more info? Get in touch!**

 Wickham Recreation Precinct  9186 8684

 [wickham.rec@karratha.wa.gov.au](mailto:wickham.rec@karratha.wa.gov.au)



**WICKHAM  
RECREATION  
PRECINCT**