

SCHEDULE OF CLASSES

December 2010-March 2011

Choose from one of the following:

**December 18th
(Sat. 10 am-1 pm)**

**January 8th
(Sat. 10 am-1 pm)**

**January 22nd
(Sat. 10-1 pm)**

**February 5th
(Sat. 10 am-1 pm)**

**February 19th
(Sat. 10 am-1 pm)**

**March 5th
(Sat. 10 am-1 pm)**

**March 19th
(Sat. 10 am-1 pm)**

**Note: Classes are subject to change.*

Prices:

**\$30 for Class
\$65 for Semi-Private
\$80 for Private**

Schedule Semi-Pvt or Private with FIT Director



**MEMORIAL ATHLETIC CLUB
AND AQUATIC CENTER**

Questions?
Call the MAC Front Desk



Jeff Biehl- Fitness Director

MAC (281) 497-7570

www.fitmac.com
jbbiehl@gmail.com

**Fitness
Instruction
For Teens**

Is Your Teen Ready
To Get Fit?

**Memorial
Athletic
Club &
Aquatic
Center**



ARE YOU AWARE OF THE
RISING POPULATION OF
DIABETES TYPE II
IN YOUNG ADULTS?

The sedentary lifestyles of young adults in America are one of the greatest contributing factors of this disease. Getting on a regular exercise regimen will prevent Diabetes Type II and keep your teens more healthy and alert!

DOES YOUR TEEN KNOW
HOW TO WORK OUT
SAFELY AND EFFECTIVELY?

Working out at the gym without much knowledge of exercise physiology and safety may cause them more harm than good. Taking the Teen F.I.T. course will enhance the teen's understanding of "working out" and prevent injury by learning how to exercise with correct/safe posture and movement.

Check Out Our Teen F.I.T. Program!

Exercise is for life!
Start it right!

Completion of the Teen F.I.T. Course is **required** for members who are **13–15** years old that wish to gain second floor/weight room privileges. Students must pass a written exam and demonstrate proper use of fitness equipment. After a student has met the course requirements, second floor/weight room privileges will be granted.

Call the MAC to Sign Up!

(281) 497-7570

The Teen F.I.T.
Program Consists of:

- *Heart Rate and Nutrition Facts
- *Warnings about Steroids
- *Basic Exercise Principles
- *Safety while using weights
- *Proper weight room Etiquette
- *Benefits of Physical Activity
- *Basic Anatomy
- *And More Exciting Amazing Things!

