

YouthSTRONG!

ages 9-14



- Group workouts with a personal training coach
 - Help youth build confidence
- Exercises that train youth to build good fundamentals & form
 - Build strength and flexibility in an enjoyable way
- Receive good nutritional, physical and wellness advice

Fall Session - 4 weeks

November 12 – December 10

(no class Nov. 26 - Thanksgiving holiday weekend)

Fridays

5:30 – 6:30 pm

Personal Training Coach: Ethan Cowan-Kazmi

Fee: Members \$40 Public \$60

What to Bring

Mask

Casual workout clothing (including sneakers)

Water Bottle

Register online at www.ohaclub.com or call front desk (978-537-8387)

Space is limited

