



# MOTIVATING TEEN FITNESS

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REDUCE SCREEN TIME, GET HEALTHY AND MAKE MINERALS SPORTS CLUB PART OF YOUR ROUTINE!

It is important to start focusing on health as a young person. Instilling good fitness conditioning and exercise programs early will help young adults head down the right path to a healthy future.

Our fitness staff will teach teens starting their fitness journey all about:

- Health + the Importance of Exercise
- Gym Safety + Etiquette
- Rules of Membership + Equipment Usage
- Proper Snacks + Hydration at the Gym
- How to Properly Use the Machines
- Having Fun While Working Out
- Designing a Motivating Program to Achieve Goals
- And so much more

**\$35 per month, plus tax. A minimum of 3 month membership is required.**

Teens {ages 14-17} will be limited to the gym and basketball court, no pool access at this time.  
We require an orientation with our Sports Club Director Mike Tartaglione.

**For details and to register, please see Membership Sales.**

**#MSCSTRONG**    

**973.864.8801 | MineralsSportsClub.com | Vernon, New Jersey**