

T·N·T

TEENS IN TRAINING

Do you know a child or teenager who would benefit from working out at Hampshire Wellness and Fitness Center?

Our T-N-T program offers 60-minute, high intensity sports conditioning, fitness education and weight training sessions.

- For children and teenagers (ages 10-17) who are serious about improving their fitness level.
- Program completion required for ages 10-13 to have full access to use all of the center's fitness equipment.
- Make it more fun by signing up with your friends or teammates
- Sessions scheduled at your request with one of our certified fitness specialists

| Cost | Members | Non-members |
|------------|---------|-------------|
| 3 sessions | \$60 | \$80 |
| 5 sessions | \$70 | \$90 |
| 8 sessions | \$90 | \$110 |

Stop in or call 304-822-7255 for more information or to schedule your first session.

Hampshire Wellness & Fitness
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www.hampshirewellfit.com

 **ValleyHealth**
Hampshire Wellness & Fitness

