

# FUNDAMENTALS OF TRAINING

## From Tween to Teen

Boys and Girls ages 11-17

**LEARN PROPER TECHNIQUE.  
GAIN BODY AWARENESS.  
GAIN MORE CONFIDENCE.  
LEARN TO WORKOUT THE "RIGHT WAY".**

June 4 - July 27 Every Monday,  
Wednesday, Friday 11:00-12:00

\$89.00 per month or 49.00 per  
week or \$20.00 per day (no  
registration)

**Lift Training Studios**  
3960 Florida St. #3  
Mandeville, LA  
985-727-1540

[WWW.LIFTTRAININGSTUDIOS.COM](http://WWW.LIFTTRAININGSTUDIOS.COM)