

FITNESS FUNDAMENTALS

NSCA Certified Trainer: Rhys Geske

This course is designed to cover most areas of athletic development, along with tips to stay safe & injury free.

Sessions will include:

- Proper Weight Training Technique
- Cardiovascular Training
- Agility Training
- Stretching & Flexibility
- Program Design
- Gym Etiquette
- Healthy Nutrition Options & Planning



November 28 - December 21

4:30pm - 5:15pm

Days:

Tuesdays & Thursdays

Who:

13-15 Year old, Boys & Girls

Special age exceptions can be made, if contacted.

Cost: \$120- 8 Sessions (\$15/session)

Maximum 6 Participants

Owned and Operated by
Fargo Park District:



More Information:

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Connect With Us:

