TEEN FITNESS AND WORKOUT
Mondays and Wednesdays
Time: 5 to 6 p.m.
Price: FREE
Location: Fitness Center in the MWR Recreational Services Bldg. #89, NSA Annapolis
Where to Register: Billy the Kid Youth Center, Bldg. #126 Alder Road: Parents need to sign a permission slip before children participate in the program.
Eligible Patrons: Teens and pre-teens of Active Duty, Active Reservists, DoD Civilian Employees, USNA Contractors
Contact:
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Workout and get fit with other teens! This program focuses on supervised workouts that include design and instruction of an exercise program geared for teens and pre-teens. Participants must be at least 11 years old and be at least in 6th grade. Youth who have an exercise program design from a coach or sports team, should bring the design with them to all workouts.