

# Teen Summer Weight Class

**Tues/Thurs at 2 pm**  
**LTA Medina Fitness Center**

**Adults Welcome!**

Each session will consist of different free weight exercises focused to improve upper body, lower body, and core strength as well as proper form and technique.



**Questions? Call 671-4477/4525**

[www.lacklandfss.com](http://www.lacklandfss.com)

