



Endeavor Health
Fitness & Wellness Center

FOR CHILDREN AGE 10-14

Spring Teen Conditioning



Tuesdays (6 Weeks)

5:30PM - 6:30PM

South Court | Solomon Lewis



Keep your kids active this winter with our fun and energizing sports conditioning class! Perfect for young athletes of all levels, this program focuses on improving strength, agility, and endurance to help them excel in any sport. Through engaging drills and games, kids will build fitness, teamwork, and confidence—all while staying active during the colder months!

Session Details

Tuesday, March 4 - Tuesday April 15, 2025
(6-Week Session) No Class on Tuesday, April 1, 2025

Member: \$114 | Non-Member: \$144



Register online with the QR code or at the Children's Desk.

For more information, please contact:

Alyssa White

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