

Future Fitness Teen & Parent Challenge

The Future Fitness Teen & Parent Challenge teaches you to create your own exercise program you can do by yourself, with a friend, or with a parent! By combining cardiovascular and strength exercises, you are required to exercise at the gym at least 3 days per week at anytime. All other workouts are extra points for the challenge! Teens ages 13-18 may participate alone or with a parent. This 8-week challenge is only \$40 (non-members), \$20 (members) per session.

For details on how to get started, please call the location in your area as listed below or Akron Children's Hospital at 330-543-2126.

Macedonia Family Recreation Center

1494 East Aurora Rd.
Macedonia, Oh 44056

January 10, 2012-March 1, 2012

January 9, 2012 (Orientation Day): 4:45 p.m.

Program Dates:

January 9, 2012-March 2, 2012

**TO REGISTER PLEASE CALL
330-468-8375**



For more information go to
akronchildrens.org/kohlsfitness

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