

ARE YOU READY TO GET  
GEN-Z CERTIFIED?!



# GEN-Z

YOUTH FITNESS CERTIFICATION  
STAFFORD HILLS CLUB

The Gen-Z program is specifically designed with our tween & teen members in mind to promote the benefits of healthy movement and serve as a foundational building block for a lifetime of wellness.

Participants who successfully complete the course will receive a Gen-Z "Certified" bracelet giving them access to utilize the fitness floor, participate in group exercise classes and be present at the club without\* a parent.

\*Must be accompanied by an adult on the pool deck.

## TOPICS INCLUDE

- Benefits of cardiovascular, strength & flexibility training
- Foundational body-weight exercises for strength training
- Proper fitness floor & club etiquette
- Age appropriate workouts to do at the Club

### CLASS INFO

Tuesday & Thursday  
4:30pm-5:30pm  
\$65/Member  
Must be 10-14 years old

### UPCOMING CERTIFICATIONS

April 16-18  
May 21-23  
June 11-13

July 16-18  
August 13-15  
September 17-19

REGISTER ON THE STAFFORD HILLS APP.