

TEEN FITNESS ORIENTATION



Students, ages 13-15 years old, can become members of the Fitness Center by completing our Teen Fitness Orientation. This 1-hour session, led by one of our Personal Trainers or Fitness Specialists, will include a tour of our facility, a fitness equipment orientation and an overview of our facility rules and etiquette. Once completed, participants will be eligible for one of our Student Pass options.

FEE: \$50

Like us on Facebook
[@bgfitnesscenter](#)



Follow us on twitter
[@BGFitnessCenter](#)



FITNESS CENTER
At the Buffalo Grove Park District