

One More™ Training for Teens

Reasons to Participate

- Tone muscles
- Strengthen muscles
- Lose weight & body fat
- Enhance your current workout
- Gain cardiovascular benefits
- Overcome workout plateaus
 - Change body shape
 - Increase metabolism
 - Improve functional fitness
- Improve balance & coordination
 - Improve flexibility
 - Increase bone density
- Maintain healthy blood sugar levels
 - Improve digestion
 - Sleep better
 - Reduce stress
 - Increase energy
 - Prevent injury
 - Learn exercise theory
- Experience new exercises
 - Maximize workout time
 - Feel good about yourself

OR

- Prepare for an athletic season

One More™ Training for Teens

409 Fitness™

Personal Training
&
Group Conditioning

1701 Concord Pike
(at the corner of 202 & Murphy Rd.)
Wilmington, DE 19803

Presented by

**ROCK HARD Enterprise,
LLC**

and

Jeff, Owner and Proprietor
certified and insured

Website

www.409Fitness.com

Facebook

[www.facebook.com/
409Fitness.Gym](http://www.facebook.com/409Fitness.Gym)

Email

409FitnessPT@gmail.com

(302) 354-7011

One More™ Training for Teens



Training for Teens

One More™ Training for Teens is a training regimen geared for teens either individually or with friends in preparation for high school sports, to get in shape, or to begin an exercise regimen.

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One More™ Training for Teens

is for
young men
&
young women

- of all fitness levels
- of all body types
- inexperienced with exercise
- who want to take their workout to the next level
- with special needs
- with health concerns
- with weight issues
- who want to take better care of themselves

One More™ Training for Teens is

A 30 - 45- or 60-minute full body workout using body weight, partner resistance, free weights, dynamic stretching, agility training and balancing exercises to work your lower body, upper body, and core.
You Will Get Results!™

One More™ Training for Teens



Training for Teens

409 Fitness™ Personal Training & Group Conditioning

Your health is an
investment
not an expense™

Call Today
(302) 354-7011

**You Will
Get Results!™**

One More™ Training for Teens packages

Individual

12 sessions at 30 minutes

\$275

12 sessions at 45 minutes

\$325

With a Partner

12 sessions at 60 minutes

\$250 each person

Small Groups

12 sessions at 60 minutes

\$225 each person

Siblings

12 sessions at 30 minutes

(for each sibling)

\$225 each person

12 session at 45 minutes

(for each sibling)

\$275 each person

For Personal Training Between the Hours
of 9:00pm & 4:59am
Add \$75.00 to Each Package

Gift Certificates Available

Mission Statement:
One More™ Training for Teens
You Will Get Results!™

Established 2014