

Pedro's Personal Fitness

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19 New Salem St.

Wakefield, MA

781-844-1196

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Teen Weightlifting Camp

July 3 - August 25

- ✓ Taught by Two-Olympic Athletes who know what it takes for you to achieve your goals.
- ✓ Learn proper form and technique
- ✓ Become educated on strength, conditioning, and nutrition
- ✓ Increase your strength, muscle, and endurance
- Camp will be held Monday, Wednesday, Friday at a time to be announced
- Camp will consist of lifting, conditioning, and proper nutrition for approximately 1-2 hours per day
- Camp will last 8 weeks and the cost is \$350



Learn the discipline it takes to accomplish anything, from who have!



Set your goals high and you will reach new heights!