



# Unigym Junior Strength Club

## Who is it for?

Anyone between 14 and 16 with an interest in the gym.

## What does the program entail?

An 8-week program which involves 1 x 60-minute session per week introducing Juniors to the fundamentals of Strength and Conditioning. Guided by our Unigym trainers, juniors are provided individualised programming, which are age appropriate and tailored to their specific goal.

## When can I attend?

Juniors attend their selected session time once a week between 3:30pm and 4:30pm. Sessions run Monday, Wednesday, and Friday.

Please show your visit pass to our friendly reception staff upon entry.

## What does the program cost?

\$160 for 8 session term.

## What do you need to bring?

Gym type clothing, suitable footwear, towel and drink bottle.

Contact [hobart.sport@utas.edu.au](mailto:hobart.sport@utas.edu.au) for more information