



TEENS

Strength & Conditioning

Looking for a safe and effective program to gain strength and improve body composition? The Four Barrel Teens program will build strength and conditioning while increasing confidence and having fun. Our expert coaches design workouts specifically for teenagers to improve their overall athleticism.

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Class Times:

Mon, Wed, Fri 3:30-4:30PM

Try 1 week free!

Call 502-509-3801 to enroll

Our Teens Program Helps You:

- Build strength, power, coordination, flexibility, and more
- Improve lifting technique to stay safe and proficient in any weight room
- Fix postural issues from time on screens and at desks
- Develop the motor patterns needed for a lifetime of healthy movement