



TeenFit Warriors is a school-term based fitness program for 13-17 year olds. The primary focus is to improve overall fitness using small group training workouts.

Participants will learn correct technique, understand how the body functions and the importance of exercising on a regular basis.

Classes are 45-minutes (after school, during the week) and include a demonstration of the workout, a warm-up, the workout and will finish with stretching and a cool down. Typical workouts generally last about 30-minutes and are scaleable to suit all fitness levels.

Workouts vary from week to week and may include the use of equipment suitable for the participants. Weekly challenges are also included to track individual progress over a period of time. All sessions are run by a qualified and experienced Personal Trainer.

Whilst the program focuses on improving overall fitness and building knowledge, other benefits include boosting confidence and increasing overall mental health and wellbeing.

Do you have a teenager who could do with some extra exercise in their lives?

TeenFit Warriors is a program for all fitness levels – the workouts are scaleable and cater to the needs of each participant. This program reaps so many benefits and rewards for those who participate.

For further information contact Colin Sparks

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TeenFit Warriors is a program of Aim Fitness.



TeenFit Warriors

A school-term based fitness program

13-17 Year Olds





Benefits & Features of TeenFit Warriors

- Can work at their own pace/capacity
- Train with like-minded people
- Challenging, yet rewarding
- Fun and motivating
- Friendly training environment
- Team work
- Emphasis on fun
- Clears your mind
- Great for mental health
- Building cardiovascular and muscular strength
- Improvement in energy levels

About Us

TeenFit Warriors was founded in 2021 through a need of a parent looking to improve their teenagers level of fitness. TeenFit Warrior owner Colin has worked in the fitness industry for over 15 years both as a Personal Trainer and in Group Fitness but his passion lies in small group training.



Having worked in fitness facilities over the years he has had first-hand experience of working with young adults whose basic knowledge of training technique may have been limited when they first start out training in a gym. He realised that for the next generation coming through to start their adult fitness journey that knowledge and education is key when being successful with their own training.

With so much going on with education in a teenagers life in those later years of high school, exercise can often be put on the back burner or not given much of a priority. This is why this program is so important in those years as it allows them to keep active, improve their fitness as well as help with their overall mental health and well being.

Testimonials

"I can't thank you enough for the fitness program you are running with the group. I am so pleased how my son is tracking and he continues to enjoy the sessions immensely. Hats off to you Colin and thank you for your continued effort and inspiration."

Perrie

"When my son originally joined the TeenFit Warriors Program, it was my attempt at keeping a non-sporty teenager active and healthy. I certainly did not expect the outcome we got... Colin has been more than a fitness coach but more of a role model for what it means to live healthy by making exercise part of life and not just a means to an end. My son not only embraced the program but has now asked to join me in my regular gym sessions. An outcome I would never have expected when I originally coerced him into attending."

Karmjit

