



**PERMIT**

# **VARSITY PERMIT**

Effective November 20, 2017 - April 30, 2018

**A HEALTHY LIFESTYLE  
STARTS WHEN WE ARE YOUNG.**

At Midtown, we believe in establishing a safe and effective foundation for young members to integrate fitness into their everyday life. The Varsity Permit program is a free 60-minute orientation for teens to build community and confidence as our expert coaches guide them through our fitness zones while teaching important club etiquette. Varsity Permit graduates will earn access to select fitness zones.

## **VARSITY 1.0 | AGES 12-15**

Young members will learn fitness safety and etiquette blended with movement to start the journey toward a healthy, active lifestyle. Parents and guardians are encouraged to join.

<b>TUESDAYS</b>	4:00-5:00PM
<b>THURSDAYS</b>	4:00-5:00PM
<b>FRIDAYS</b>	3:30-4:30PM
<b>SATURDAYS</b>	1:30-2:30PM
<b>SUNDAYS</b>	1:30-2:30PM

## **VARSITY 2.0 | AGES 14-15**

Varsity 1.0 graduates are eligible to enroll in Varsity 2.0 which takes a deeper dive into Midtown's fitness zones. Participants will learn the foundations of free weight and performance training. Parents and guardians are encouraged to join.

<b>MONDAYS</b>	4:30-5:30PM
<b>SATURDAYS</b>	3:00-4:00PM
<b>SUNDAYS</b>	3:00-4:00PM

To schedule an appointment, visit [midtown.com](http://midtown.com)

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ATHLETIC CLUB



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