



# GARIT

A FACILITY FOCUSED ON ADOLESCENT WELLNESS

Fitness  
Classes



Educational  
Services



Social  
Experiences



Our facility focuses on teaching adolescents fitness and life skills. We also provide educational services to help adolescents with their academic performance. Our facility offers a unique opportunity for participants to grow socially, emotionally, and physically in a supportive environment with their peers.

### Fitness

Individualized and Group Training focusing on functional fitness through programs that teach the concepts of: own body weight movements, interval training, Olympic/power lifting, resistance and strength training, flexibility and mobility training, and metabolic conditioning.

### Educational

Our educational services provide support for adolescents through: homework help programs, private and small group tutoring, and ACT/SAT Prep Courses.

### Social

Our facility was created for the adolescent population and our aim is for every participant to feel comfortable and inspired while participating in every program they attend. All of our classes emphasize teaching life skills and we aim to create an environment where adolescents can interact with their peers in a positive and supportive environment.

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