



# SPORTS PERFORMANCE

**STARTING JUNE 24TH  
STRENGTH & CONDITIONING  
10-WEEK TRAINING PROGRAM**

## **SUMMER GROUPS**

**HIGH SCHOOL: MON./WED. 3:30PM  
HIGH SCHOOL: TUES./THURS. 10:30AM  
HIGH SCHOOL: TUES./THURS. 3:30PM  
HIGH SCHOOL: TUES./THURS. 6:00PM**

**MIDDLE SCHOOL: TUES. 12:00PM  
MIDDLE SCHOOL: THURS. 12:00PM  
MIDDLE SCHOOL: FRI. 3:30PM  
MIDDLE SCHOOL: FRI. 4:30PM**

**JOIN NOW**

**SCAN  
ME**



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