



GIRLS

STRENGTH & CONDITIONING

FITNESS AT THE GYM



OUR SERVICES

- Upper/Lower Body
- Speed & Agility
- Cardio/Abs
- Strength Training
- Endurance/Speed Training



Start: Monday, June 17-July 26

Time: 8:00 a.m. - 10:00 a.m.

Monday-Thursday at Planet Fitness

Friday at Holy Cross

Please bring bag, towel, water bottle,
and a lock for the locker

REGISTER NOW- \$125.00

Must be 14 years or older.