



**CORE SPEED AND AGILITY**  
**TRAINING**  
**BEGINS JANUARY 31st**

ATTENTION ALL 5TH-8TH GRADERS

Are you interested in improving your speed, agility and strength all in a safe environment? If so, please join Amy Winter of *Fitness Team Training* beginning Thursday, January 31st for 8 weeks of conditioning and training. Jump ropes, hurdles, medicine balls, balance pods, cones and much more will be incorporated into the class and all levels of fitness are welcome.

Where: OLW Middle School Gym  
When: Thursdays January 31st - March 21st, 3:20-4:20  
Cost: \$100.00 per child (*8 classes*)

*\*\*Please make checks out to Amy Winter or Fitness Team Training. Waiver must be signed by parents prior to first class. Please email Amy at [awinter@inspyrstudios.com](mailto:awinter@inspyrstudios.com) for a copy of the waiver and to sign up for the class. Text to 847-293-5450, [fteamtraining.com](http://fteamtraining.com).*