



CORE SPEED AND AGILITY
TRAINING
BEGINS JANUARY 22nd

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, September 26th 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: Wednesdays January 22nd - March 18th, 3:20-4:20
Cost: \$133.00 per child
(7 classes - NO CLASS Jan 29th and Feb 26th)

***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 for a copy of the waiver and to sign up for the class. Text to 847-293-5450, fteamtraining.com.*