

6-9 GRADE SUMMER FITNESS PROGRAM

WHO:

Students entering grades 6-9 grades. Kids who desire to become more fit. Participants need to have a strong desire to come ready to work hard on fundamental lifting movements and have a strong motivation to develop a more physically fit lifestyle!!!

WHEN:

Monday, Tuesday, and Thursday mornings

Period One: 8:00 - 9:30 a.m.

Period Two: 9:30 - 11:00 a.m.

Session Dates: June 18 through July 19 with no sessions July 1 through July 5

WHERE:

East Junior High's bEast Box (311 Lincoln Street – enter gym on 6th Street side of building)

WHAT:

Constantly varied functional fitness! No two FULL body workouts will be the same!!! Modifications are possible for ALL exercises!

HOW:

Instructor led - WRPS teachers/certified trainers. Each session will feature a warm-up, technique instruction/demonstration, workout of the day and cool-down/core work. Body weight and basic equipment (medicine balls, kettlebells, Bosus, weight bars, etc.) exercises will be the foundation of all workouts.

WHY:

Enhance your quality of life! Learn weight lifting techniques! By session's end, you will be a SUCCESSFUL exerciser!

HOW TO REGISTER

Contact Jean Westover at jean.westover@wrps.net or call 715-424-6715.

Class sizes will be capped at 15 people for each period to optimize instruction

The first 15 students to register will be put into their selected class periods.

Once there are 15 students registered in each class period, the class will be closed.

