



**Open
to Students
Grades 9–12**

What to do after school?

XXXX

TEEN FITNESS CLASSES



Get moving to the Support Site Fitness Center!

Mondays and Wednesdays

Functional Fitness at the Fit Box

Build your strength and agility
through dynamic movements

Tuesdays and Thursdays

Weight Training

A fitness instructor will teach
proper form and technique for a
well-rounded fitness experience

**Monday-Thursday
3-4 p.m.
Support Site Fitness Center**

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For more information, call 081-811-6721 | DSN 629-6721.

