



Girls Strength Training Camp

Fremd Summer Camp 2016

June 14th – July 21st (6 weeks)

Tues., Wed., Thurs.
7:00-8:00 am

**Proper weight lifting techniques
and functional movements!**



Each class will include:

Proper warm up

Mobility

Strength/Skill

Cardio based work out

Cool down



Questions:

Ms. Micucci
PE Office
amicucci@d211.org