

FUN ~ FITNESS ~ FRIENDS



12 WEEK
GIRLS
FITNESS
GROUP



WHO: ALL GIRLS 4TH - 8TH GRADE

WHEN: THURSDAYS, AUGUST 19 – NOVEMBER 11

TIME: 3:15 P.M. – 4:15 P.M.

WHERE: AUXILIARY GYM

COST: \$20.00 PARTICIPANTS WILL RECEIVE A T-SHIRT & WEEKLY REFRESHMENTS

CONTACTS/LEADERS: BETHANY FROST & LISA MARTIN

NO EXPERIENCE OR TRAINING NEEDED. PARENTS ARE ALWAYS WELCOME!

NUTRITION

RUNNING

SELF-ESTEEM

TEAM BUILDING

WEIGHT TRAINING

GOAL SETTING

MOTIVATION

YOGA & STRETCHING

CORE VALUES

DECISION MAKING

Please detach and return to Mrs. Frost by Monday, August 16.

Yes, I would like to participate in a 12 week fitness program for girls. I will do my best to attend each week and bring along my best attitude, effort and energy.

NAME _____ GRADE _____

I give my child permission to run off school grounds (side streets near CA such as Anderson Dr., McClure St. etc.) with their adult leaders as part of the fitness program. I also understand that the leaders will not be held liable for any injuries incurred during the fitness program.

PARENT(PRINT) _____ PHONE _____

PARENT SIGNATURE _____

EMERGENCY CONTACT _____ PHONE _____