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**Girls Strength & Conditioning – Grades 7th – 9th**

If you are looking to become more explosive, faster, and stronger for your upcoming season this camp is for you. We will focus on endurance, agility, plyometrics, exercise fundamentals and flexibility. Our staff is committed to help participants achieve their full athletic potential by combining an intricate blend of strength and conditioning principles geared towards athletic achievement. The key to success in athletics is participating in a broad range of activities and hard work in the off-season. Speed and strength are not inherited, they are taught! Participants will learn how to execute exercises with proper form so that they will instill a sold exercise foundation that they will use the rest of their lives.

**Starting week of July 15th**

**6 weeks for $90**

**Wednesdays 7:30am**

**Sign up at** [**www.fit-rev.com**](http://www.fit-rev.com) **and click on sign up for a class, then go under EVENTS.**