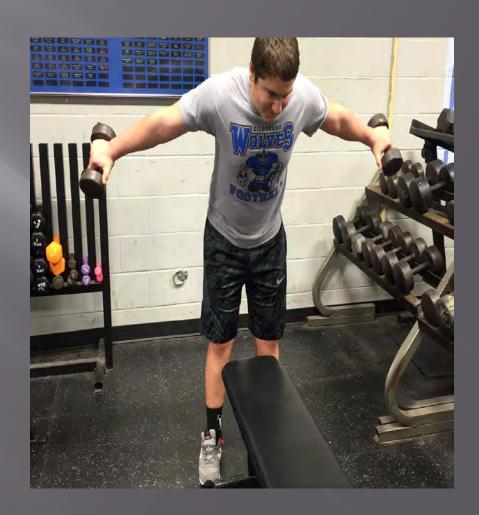
### WELLNESS 4 LIFE COURSES

Strength Training
Flex n Tone
Wellness 4 Life

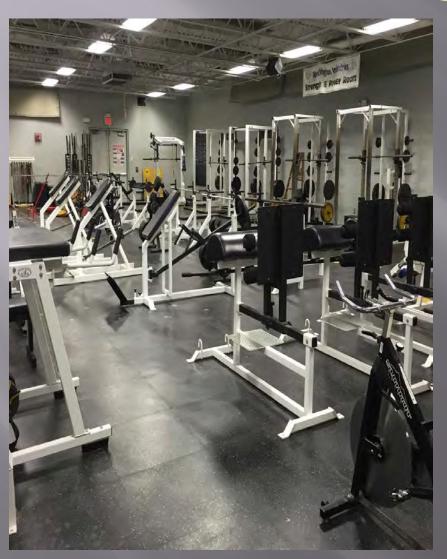
# Strength Training

Train 4 Days AW eek

- Learn AboutProper Nutrition
- Learn To DesignW orkouts



#### Get Strong...Get Fit



- "Strength training has changed my life." Lima
- "I saw great results in a matter of weeks." Cason
- "This is a great course for athletes." carloni

#### Under the guidance of Trainers



Create a SafeEnvironment

Ensure CorrectTechnique

Motivate to do Your Best

## Female Strength Training

Last Period Of The Day



Train With Your Peers



## Flex n Tone

FULL BODY WORKOUTS

COMBINED WITH YOGA





### WELLNESS

#### ENJOY TEAM SPORTS



#### LIFETIME ACTIVITIES



## Sign up Today!





#### Health

Everyone needs 1 semester of Health before graduation

Open to grades 9-12





do what you LINE - have FLM with friends be KTIVE - CLERNTE what makes you SEON. EN healthy - take a MAK - connect with others - give your TEE - help out SWE a smile - SW - QVE a hand - SIEP do things M, and small - be LMOLE - feel totally free to SE SILY - giggle & LACH





#### Also available

Intro to Musculoskeletal

Anatomy

