



Longfellow Sports Performance Center
Longfellow - Wayland

***HS BOYS Summer Strength Training
With Cardio/agilities Program***
Minimum of 4

TRAINER: Teresa Newton-Moineau



MON/WED/FRI from 11-12:30pm
**Strength training, core conditioning, flexibility,
Cardiovascular, footwork & speed.**

June 27-July 1 _____ July 5-8 _____
July 11-15 _____ July 18-22 _____
July 25-29 _____ August 1-5 _____
August 8-12 _____ August 15-19 _____

Weekly Cost: \$45 Members \$65 non-Members

Name: _____ Phone: _____
Email: _____ AGE: _____

***PRE-REGISTER at the FRONT DESK of Longfellow.**
***Check off Week(s) & bring in sheet to sign up.**
***CONTACT Teresa at Tnewtonmoineau@yahoo.com**
for more information.

