



Longfellow Sports Performance Center  
Longfellow - Wayland

## ***HS BOYS CONDITIONING PROGRAM***

*(minimum is 5 students)*



***MONDAYS 5:30-6:30pm-Jan. 4, 11, 18, 25, Feb. 1, 8***

***(Footwork, Agilities, Speed, Quickness)***

***TUESDAY 4:30-6pm -Jan. 5, 12, 19, 26, Feb. 2, 9***

***(Strength Training & Core Conditioning)***

***THURSDAYS 5:00-6:30pm -Jan. 7, 14, 21, 28, Feb. 4, 11***

***(Strength Training & Cardio Endurance)***

***FRIDAYS 4:30-6pm Jan. 8, 15, 22, 29, Feb. 5, 12***

***(Floor Hockey, Basketball & Dodgeball)***

***\*Classes will be run by Teresa Newton-Moineau  
Dan Connaughton, Owen Pagano & Steven Hodgetts***

***\*COST per class: \$10      \*SIGN UP AHEAD FOR DAYS***

***\*COST per one day/of 6 weeks: \$60***

***\*COST for ALL 24 classes: Member \$200 Non-Member \$240***

***\*Sign up & PAY at Front desk.***

***Call Teresa at 508-358-7355x317 or [Thnm2@hotmail.com](mailto:Thnm2@hotmail.com)***

***For more information.***

