



**Longfellow Sports Performance Center**  
**Longfellow – Wayland**



**6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> Graders**  
**JR. Fitness Training**  
With Kathy Ney

**7 Week Program**  
**Sept. 12, 19, 26, Oct. 3, 10, 17, 24**

**MONDAYS 4:00-5:00pm**  
**Strength Training & Cardio Conditioning**  
\*Strength training done with Bands, dumbbells and Keiser equipment machines and learning all the cardiovascular equipment & Cycling bikes that we have along with Core Conditioning and flexibility training. Each child will have appropriate exercises for their size & age.

**COST IS: 7 week session ~ Member \$140 NM \$165**

**\*1 Class for member: \$20 NM \$30**

**\*\*\*MINIMUM is 3 children\*\*\***

**\*PLEASE Pre-Register at the Front Desk \*\*\***

