

FITNESS FOR FUN

Speed, Agility, Coordination, and Conditioning Training

Summer Sessions Coming Soon!

We will be offering two different programs with two sessions (time slots) in each. There is a maximum of 18 athletes accepted in each time slot.

Program 1 - Five Weeks - Sessions on Tuesday and Thursday evenings

Times: 6:00 - 7:00 pm ages 10 to 13 **or** 7:00 - 8:00 pm ages 13 & older

Dates: July 7, 9, 14, 16, 21, 23. August: 4, 6, 11, 13.

Program Cost - \$95.00 for 10 sessions.

Program 2 - Six Weeks – Sessions on Saturday mornings

Times: 10:00 - 11:00 am ages 10 to 13 **or** 11:00 - 12:00 noon ages 13 & older. Dates: July: 11, 18, 25. August: 1, 8, 15.

Program Cost - \$60.00 for 6 sessions.

**** Sessions will be take place weather permitting. Make up sessions will be scheduled due to weather cancellations.

Contact Kevin Ryan

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