

SPRING SESSION 2 YOUTH STRONG

Ages 9 to 13

6 Weeks

April 26 - May 31

Friday 5-6 pm

Member: \$115

Public: \$135

Group workout with your friends
and our personal trainer

Ethan Cowan-Kazmi

Build fundamentals, form, strength,
and flexibility.

Bring your casual workout clothes
(including sneakers), and water bottle

Registration opens April 5
Register online at www.ohaclub.com or
by phone at 978-537-8387

Space is limited!