



# ***TEEN***

**A G E S 1 2 - 1 6**

# ***STRONG***



*Advanced fitness goals*

*Train safely and effectively*

*Focus on form and strength*

*Coaches Ethan Cowan-Kazmi and Steve Kendall*

**Member: \$115      Public: \$135**

**Thursday: 4:30-5:30 pm**

**April 25-May 30**

**Informational Meeting: Thursday April 11, 6:30 pm**

**ORCHARD HILLS**  
ATHLETIC CLUB

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