



GLASS TRAINING & EDUCATION



Summer Fitness Clinics

4 weeks each, Ages 12-18

\$299



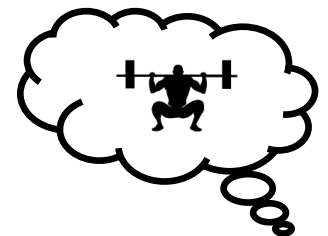
\$199

(\$25/session)

Whether you are training for preseason, the upcoming year, or want to improve your fitness, this clinic is for you



What to expect



- ◆ Fitness concepts, techniques, and practices
- ◆ Training & testing: muscular endurance, cardiovascular endurance, agility, speed, & power
- ◆ How to train, fuel, and properly recover your body from exercise
- ◆ Reduce risk of injuries via proper movement patterns
- ◆ Work with top strength coaches and exercise physiologists

COACHES

Susie Lachowski-Glass PhD, CSCS &
Bobby Arnett, M.Ed, CPT

CLINIC DATES:

Session 1: June 21— July 14th

Session 2: July 19—August 11th

Tuesday/Thursdays

*7:30—8:30 am

LOCATION

Minnechaug Regional High School

*Please visit www.glasstrainingandeducation.com
for details and for sign-ups

Contact: Susie & Bobby for questions
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