



GLASS TRAINING & EDUCATION

Summer 2021 Fitness Clinics (4 Weeks)

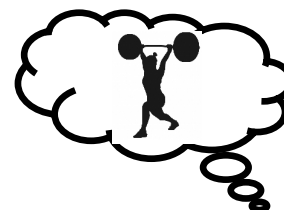
Clinic 1: Fun Functional Fitness: Ages 11-12, \$399

Clinic 2: Athletic Fitness Training: Ages 13-14, \$399

Clinic 3: Strength and Conditioning: Ages 15-18, \$449



What to expect



- ◆ Age-appropriate fitness concepts, techniques, and practices
- ◆ **Training**: muscular strength/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
- ◆ Emphasis on education and enjoyment with exercise

COACHES

Susie Lachowski-Glass PhD, CSCS &
Bobby Arnett

CLINIC DATES:

July 19—August 12

*Times posted for each
clinic on website

LOCATION

Minnechaug Regional High School

*Please visit glasstrainingandeducation.com

for details on each clinic!

Contact: Susie & Bobby for sign-ups

glasstrainingandeducation@gmail.com