



GLASS TRAINING & EDUCATION

Summer 2022 Fitness Clinics (4 Weeks each)

Ages 12—18, \$199.00 (\$350 for both clinics)

Whether you are training for that last push before 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

LOCATION

Minnechaug Regional High School

Tuesday/Thursdays

*7:30—8:30 am

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

Contact: Susie & Bobby for questions
glasstrainingandeducation@gmail.com