

LAWRENCE TOWNSHIP RECREATION

YOUTH EXERCISE CLASSES

**6TH-8TH GRADE
9TH-12TH GRADE**

**TUESDAYS AND THURSDAYS
9/15, 9/17, 9/22, 9/24, 9/29, 10/1
5:00-6:00PM-6TH-8TH GRADE
6:15-7:15PM-9TH-12TH GRADE**

Is your student athlete looking to get into shape? This fitness class will ensure they are at the top of their game. We will safely work with your child to develop, increase and maintain their overall physical fitness and conditioning. Our outdoor 60 minute sessions are geared toward athletes of all levels. They are designed to provide overall fitness in a safe, positive and fun environment.

Circuits will focus on the following area:

Cardio and Conditioning , Coordination and Balance , Strength and Flexibility , Speed and Agility.

All classes will meet at the Village Park Pavillon at the Yeger Drive entrance.

Maximum of 15 athletes per class.

Fee: \$60.00 Residents

LAWRENCE RECREATION

609-844-7067

RECREATION@LAWRENCETWP.COM

REGISTER ONLINE AT
[HTTP://LAWRENCETWP.COM/REC.HTML](http://LAWRENCETWP.COM/REC.HTML)

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