



SPEED
AGILITY
STRENGTH
POWER
CORE

Hosted by:
Coach Chooncharoen
(Football, Boys and Girls
Basketball)
Coach Lindstrom
(Volleyball, Basketball, & Track)
Coach Henley
(Volleyball)

Fit Camp Website --->



WRMS FIT CAMP

EVERY TUESDAY, WEDNESDAY, AND
THURSDAY STARTING MAY 30TH.
SESSION 1: 7:45 - 8:45 (ALL ARE WELCOME)
SESSION 2: 9 -10 (GIRLS ONLY)
\$5 / DAY OR \$60 UP FRONT / SUMMER

SCAN THE QR CODE FOR FIT CAMP WEBSITE
FOR MORE DETAILS AND TO SIGN UP.