

# BOUNCE BACK FITNESS

## Teen Fitness Classes

@ Midtown International School

**Fitness** instruction that focuses on foundational **strength training**, **HIIT** and **cardio**. Classes take place inside the gym as well as outdoor training areas. Each boot camp session is a mixture of running drills, bodyweight and functional exercises designed to provide a fun, friendly and supportive environment for building a healthy lifestyle.

- ✓ Conditioning & Assessment
- ✓ Strength training
- ✓ HIIT
- ✓ Cardio



Session 1:  
Aug 21-Oct 5

Session 2:  
Oct 9-Nov 30

Session 3:  
Jan 8-Mar 1

Session 4:  
Mar 5-Apr 19

Session 5:  
Apr 23-May 17

Tuesdays, Wednesdays, Fridays  
8 week sessions/3 days a week  
4:05-5:05 PM  
\$300 per session

*\*Boot camp instructor & advance personal trainer certification\**

To sign up, contact Nana Twum (404) 542-7003  
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