

# BOUNCE BACK VIRTUAL FITNESS TEENS

GRADES  
7 - 12

@ Midtown International School

GRADES  
7 - 12

**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 24-Sep 30

Session 2:  
Oct 5-Nov 11

Session 3:  
Nov 16-Jan 13

Session 4:  
Jan 18-Feb 24

Session 5:  
Mar 1-Apr 14

Session 6:  
Apr 19-May 26

Mondays, Wednesdays, Thursdays  
5 week sessions/2 days a week  
5:00-5:45 PM  
\$350 per session

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

To sign up, contact Nana Twum (201) 780-6232  
[ntwum@midtowninternationalschool.com](mailto:ntwum@midtowninternationalschool.com)

# BOUNCE BACK VIRTUAL FITNESS KIDS

GRADES  
K - 6

@ Midtown International School

GRADES  
K - 6

Fitness instruction that focuses on cardio, strength, endurance, and conditioning. We will also work on basic sports drills. I have also added a day for games day where we play, run and sweat.

\*Please note that weight training is strictly aged appropriately. Elementary students mostly use bodyweight for all exercises/sports drills.

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



Session 1:  
Aug 18-Sep 25

Session 2:  
Sep 29-Nov 6

Session 3:  
Nov 10-Dec 18

Session 4:  
Jan 5-Mar 19

Session 5:  
Mar 23-May 7

Mondays, Wednesdays, Thursdays  
5 week sessions/3 days a week  
4:00-4:45 PM  
\$350 per session

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

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