

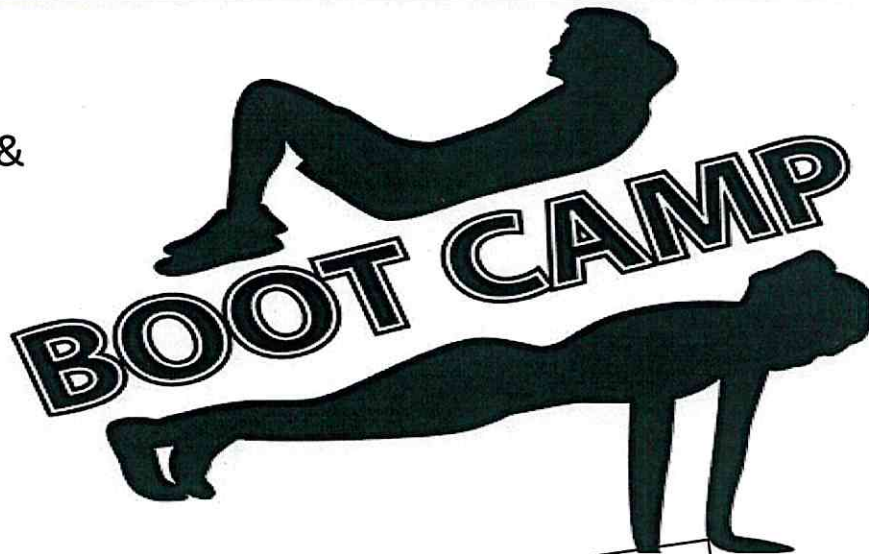
# BOUNCE BACK FITNESS

## Teen Fitness Classes

7-12<sup>th</sup> Grades @ 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



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

Session 1:  
Aug 19-Oct 11

Session 2:  
Oct 14-Dec 6

Session 3:  
Dec 9-Feb 7

Session 4:  
Feb 10-Mar 30

Session 5:  
Apr 1-May 22

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

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