BEYOND SOCCER
LAWRENCE, MA

commit.
push.
succeed.

WHO:

ALL 7TH TO 11TH GRADE GIRLS LOOKING TO INCREASE THEIR SPEED, STRENGTH, POWER & AGILITY ON THE FIELD, WHILE INCREASING NUTRITION EDUCATION OFF THE FIELD

new balance

WHAT: *Fitness and Nutrition*

WHEN: *Monday Nights from 6:00-7:00 PM*

WHERE: *Wetherbee School Gym, 75 Newton Street*

Beyond Fit

January 8th Start!

- ✓ 8 Weeks speed & agility
- ✓ 3 Healthy Cooking Courses
- ✓ 1 Fuel for Performance nutrition seminar
- ✓ Functional movement education