

Hey Middle School Students!

Do you hate exercising but want to be in good shape?

Do you love a fitness challenge?

Do you want to get in shape AND have FUN?

Are you planning on trying out for high school sports and want to stay in shape?

If so, join ISSA-certified fitness trainer, Rachel Planker this summer at her fitness camp:

Planker Power

We will learn resistance training, plyometrics, cardio drills and much more to put you in your best shape ever, gain a competitive edge, and have fun doing it.

Join us **Tuesday and Thursday mornings** from **9-10 am**

in the **Redeemer Lutheran School gym** from **June 20- July 22.**

\$110 reserves your spot and provides you with a resistance band.

Space is limited to the first 15 middle-school students (grades 5-8 completed) to sign up.

Open to non-Redeemer students as well.

Look for registration forms to come home soon.

