



POWER

explosive bursts of muscular movements creating faster reaction times



AGILITY

moving quickly and easily, nimble in the ability to change directions efficiently



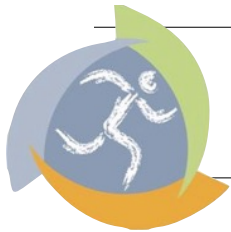
STRENGTH

safe development of a strong musculoskeletal system to promote health and fitness



SPEED

a collection of disposition, compassion, trustworthiness, mutual respect & responsibility



GIRL POWER



YOUR AMAZING!!!

Powerful. Deliberate. Healthy. Strong. Characteristics that define P.A.S.S. ! 8 - 90 minute classes that emphasize how to develop powerful, strong & healthy bodies. Youth between the ages of 10-14 have not reached physical maturity. Strength training provides an opportunity to safely develop a strong musculoskeletal system that can help them improve their health and fitness and

“Your body is a temple of the Holy Spirit”

1 Corin 6:1-20

also withstand the rigors of sport participation for years to come! This focused and intense class is for ANY 5th-8th interested in further developing their fitness & nutritional knowledge base for life, for health, for performance. Its a gift to be healthy and **strong**. Come & be INSPIRED to PASS!

5th-8th Grade Girls
Nov 27, 29 Dec 4, 6,
11, 13, 18 & 20th
1:45-3:30PM SVDP

REGISTRATION:

Online at www.generationendurance.com

Deadline Nov 22, 2018

