



ELEMENTAL
PERFORMANCE + FITNESS

High School Summer Strength Training Program

Don't just sit around all summer, get stronger!

Tuesdays and Thursdays at 4pm

Block 1 June 2 - 25

Block 2 July 7 - 30

Check out more details at lmntl.net

**If you have any questions please contact Emily Tilden
emily@elementalgym.com**



**\$80 per block if you register BEFORE May 15th
\$120 per block if you register AFTER May 15th
Visit active.com or scan the QR code to register**