



balanced athletics

Fitness and Athletic Cross Training

just for girls in 5th- 8th grades

Have your daughters join us for a **6 week** fun and active whole body and mind fitness and conditioning class. Each **75 minute** session will include fitness training stations, skills and drills, obstacle courses, relays, and games to improve stamina, agility, speed, coordination, core strength and flexibility. Girls will be challenged while also learning about body fitness, nutrition, and the importance of your mind, spirit and attitude in the accomplishment of physical goals.

Instructed by:

Cindy O'Donnell, Certified Fitness Instructor and Coach
Julie Catrambone, Roberts Phys. Ed Teacher, Coach: Varsity Lacrosse, JV Soccer

Session I: Mondays @ Roberts Elementary School 5:00-6:15 pm
November 8-December 20 (No Class Thanksgiving Week)

?’s: contact Cindy O’Donnell at cindyo@balancedathletics.com

MOORESTOWN COMMUNITY SCHOOL FALL 2010 REGISTRATION FORM

Fitness and Athletic Cross Training Class (6 weeks) \$90

Make check payable to: “*Moorestown Community School*”
Send to: Moorestown Community School, Attn: Doti Stewart,
803 N. Stanwick Rd, Moorestown, NJ 08057
TUITION CHECK MUST ACCOMPANY THIS FORM!

Name: _____

Address: _____

Town: _____ Zip: _____

Phone: _____

Email: _____

MCS does not confirm registration. You will be notified (and your check returned) if a class is canceled.



BE STRONG IN BODY & MIND
www.balancedathletics.com