



#FunWithFitness Summer Conditioning

Strength and Conditioning Program designed by Rooted In Health physical therapists Lauren Werkhoven and Deb Andrews sponsored by Washington Park and Rec

- Online subscription with daily exercises to build strength, power and endurance
- Includes drills and exercises to prevent common sports-related injuries

7/1/19-8/9/19

- In addition to online program there will be a weekly live class for local participants with Deb Andrews PT, HC and Lauren Werkhoven PT
- Monday evenings: 630 warm up run followed by interval workout from 7-730

All schools are welcome! Students entering grades 7-12 can to participate.

Please join Rooted in Health for our annual summer conditioning program. We will be working on strength, endurance, balance, agility, flexibility and most importantly having AS MUCH FUN AS POSSIBLE in the process!

Name:

Email: _____

Grade 2018-2019 school year:

[.]\$70. Includes six week online subscription and weekly Monday evening classes. Check made out to Washington Park and Rec. (please contact Deb Andrews (203-830-9247) with any payment questions!)

Medical History including any medications taken during this 6 week session: _____

!!!Don't forget to bring water bottle!!!!

Any restrictions stated by a
doctor: _____

Vision for your 6 week Fitness
program: _____

!!!Don't forget to bring water bottle!!!!