

THERE'S NO LIMIT TO A **STRONGER BODY** RIGHT NOW.

STRENGTH & CONDITIONING TRAINING

February 25-April 10

Mondays and Wednesdays 5:30pm
\$100.00

April 22-May 29

Mondays and Wednesdays 5:30pm
(No class Memorial Day)
\$85.00

June 3-June 22

Mondays and Wednesdays 5:30pm
Saturdays 10:00am
\$70.00

July 8-August 16

Mondays, Wednesdays & Fridays
10:00am
\$155.00

September 9-October 30

Mondays and Wednesdays 5:30pm
Saturdays 10:00am
\$155.00

FOR MORE INFORMATION

CALL 315.575.0557 OR
EMAIL BECHER9983@YAHOO.COM

ALL CLASSES HELD AT

WESTHILL HIGH SCHOOL OR
ONONDAGA HILL MIDDLE SCHOOL



FOR AN APPLICATION VISIT WWW.WESTHILLSCHOOLS.ORG/ATHLETICS & LOOK FOR "NO LIMITS"



STRENGTH AND CONDITIONING TRAINING

Name _____

Email address _____

Phone number _____ Grade _____

Shirt size for first time participants (Adult sizes) _____

Please check session box(es) that you will be participating in:

February 25-April 10
Mondays and Wednesdays 5:30pm
\$100.00

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Mondays, Wednesdays & Fridays
10:00am
\$155.00

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\$155.00

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Mondays and Wednesday 5:30pm
Saturdays 10:00am
\$70.00

All Training will be held at Westhill High School and Onondaga Hill Middle School

Make payment out to: Westhill Booster Club

**Send application to:
Denise Becher
4986 Wintersweet Drive
Liverpool NY 13088**