

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

## **STRENGTH & CONDITIONING TRAINING**

**September 10-October 27**

Mondays and Wednesdays 5:30pm  
(No class Columbus Day)  
Saturdays 10:00am  
\$150.00

**January 14-February 15**

Mondays and Wednesdays 5:30pm  
Saturdays 10:00am  
\$100.00

**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

**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](http://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:**

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\$150.00

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\$100.00

**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**