



## Indoor Winter Session

Do you want to keep your boys active in the wintertime?

We are offering a strength training/cardio program but no sit down discussion, like our summer session...just lots of exercise and fun!!!

10 week program appropriate for boys ages 8-14 and varying physical abilities. Boys will learn through use of fun games and activities; effective communication, strength training, conflict resolution, diversity, how to handle peer pressure, confidence building and bully prevention, and of course proper running form.

**5 k Run is Sunday, April 19<sup>th</sup> at 10 am** and your son will automatically be registered for this race upon entering program.

Details

\$155.00 (*some insurance companies pay for this program*)

Program runs from January 26<sup>th</sup> – April 19<sup>th</sup>

**Mondays and Wednesdays 4:30 – 6 pm** at Most Precious Blood Gym (Prospect St., Angola) OR **Friday @ the HUB (4999 McKinley Pkwy, Hamburg) 6:30 -8pm** and **Tuesday 6:30 – 8 pm** Edén Boys and Girls Club (8282 North Main St., Edén)

You may attend any 2 or 3 sessions each week! (not back to back sessions though)

*Serving various schools and districts.*

**Call Juliet Meade  
7163161789**

**LIMITED SPOTS  
AVAILABLE**

[www.boysontherighttrack.com](http://www.boysontherighttrack.com)