

TROJAN FITNESS



Session 1: January 9th - February 8th

Tuesday and Thursday

\$45 for 1/day per week

\$90 for 2/days per week

\$10 drop in fee (pay instructor)

6:15PM - 7:15PM

Registration Deadline: December 29th

\$15 late fee

Session 2: February 13th - March 15th

Tuesday and Thursday

\$45 for 1/day per week

\$90 for 2/days per week

\$10 drop in fee (pay instructor)

6:15PM - 7:15PM

Registration Deadline: February 2nd

\$15 late fee

This fitness group, Led by WLHS Physical Education teacher Mike LaNew, combines interval training, core strength, suspension and plyometric with strength and conditioning.

Whitmore Lake High School

Multi-Purpose Room/Weight Room

Register at www.wlps.net/community-recreation/

734-449-4461 x 3057

Office hours: M/W/F 2:00 PM - 6:00 PM

