

SUMMER OPEN FITNESS ROOM

Stay Active this Summer

OPEN TO GRADES 7-12

Sign up on **FINAL FORMS**

**PMHS Summer Coed Summer
Open Fitness Workouts
(under Extracurricular Activities)**



Stay in shape, get stronger, have fun this summer in our Fitness Room! A variety of workouts will be offered plus flexible free time to work out.

WHAT YOU WILL GET:

- ~Spin Class
- ~Circuit Training
- ~Agility Work
- ~Weight Training
- ~Stretching/Flexibility Work
- ~Endurance Workouts
- ~HIIT Cardio



NO COST. SHOW UP & BE ACTIVE



SCHEDULE AS FOLLOWS:

- July 1,2,3 8am-11am
- July 8,10 8am-11am
- July 15,16,17,18 9:30am-12:30pm
- July 22,23,24,25 9:30-12:30
- July 29,30,31, Aug 1 9:30-12:30
- August 5,6,7,8 9:30-12:30
- August 12,13,14,15 9:30-12:30

For More Information:

Contact Coach Davis
cdavis@pmschools.org

or via PARENTSQUARE or
SCHOOLGY

