



Fitness Friday/Run Club

Fitness is a huge passion of mine. My Fitness Friday Program will help your students learn correct form with explosive movements, running, jumping, body weight exercises, and much more! Whether your student is interested in improving their cardio, 40-yard dash time, increasing vertical for basketball or simply just want to become a better all-around athlete, then this program is for them. Please bring running shoes and a water bottle!

Our athletes will use circuit training to improve their:

- Speed
- Agility
- Strength
- Overall Fitness



Cost: \$30 Per Session *Make checks payable to NWS

Who: Kinder-8th Grades *Subject to availability

When: Fridays 3:00-4:00 (1:00-2:00 on early release Fridays)

Session 1: August 1 – September 12

Session 2: September 19 – October 31

Session 3: November 7 – December 19

Session 4: January 9 – February 13

Session 5: February 20 – March 27

Session 6: April 10 – May 15

**Former Professional Baseball
Player in the Chicago Cubs
Organization**

**6 years of professional training
and working with World Class
Trainers in Speed, Agility, and
Fitness**

**Personal Trainer in Scottsdale
for 3 years**

**Physical Education Teacher at
Noah Webster School**

Austin Reed

areed@noahwebster.org

Fitness Friday (Please fill out the entire form)

Session # (circle one)

1 2 3 4 5 6

Student Name: _____ Teacher: _____ Siblings in Other Programs?: _____

Parent Name/Email/Phone Number: _____

Parent Signature: _____

How is your student getting home?? (Please check one)

4:00 P.M. Parent Pick Up: _____ Late Bus Only (Color): _____ After Care (must be signed up) _____ Walking: _____

*Please include parent/guardian email and phone number. In the event of program cancellation on a specific day an email will be sent notifying parent/guardian of cancellation.

All past due invoices must be paid in full prior to attending After School Programs. Pick up time is 4:00 and must be picked up by **4:10 to avoid late pick up fees. No refunds will be given.