

Fitness Training

Summer Strength Training June 15 - August 12 (Gyms closed July 4 & 5)

The goal of the program is to improve student/athlete fitness levels and athletic potential by providing structured and supervised total body strength work-outs in a group setting. Train 2-3 non-consecutive days each week at a high level of intensity. Use reps with proper form and learn to keep accurate training records and about nutrition and hydration. Improve student/athlete self confidence and self-esteem. Maximum: 30 students per section. No prorating or employee discounts.

- ✓ Reduce athletic injuries by improving strength and flexibility.
- ✓ Insurance waiver is required before attending first session. Download form at: http://www.edina.k12.mn.us/community/youth/pdfs/sports_waiver_2009.pdf

Two convenient locations to train

Edina High School Weight Room – On-site Trainer/Supervisor: Reed Boltmann – reeboltmann@edina.k12.mn.us

Edina Community Center – On-site Trainer: Josh Bettes – josbettes@edina.k12.mn.us

STRENGTH TRAINING: HOCKEY CONDITIONING

Grades 10-12 617-6
12:00 - 1:30 PM Mon/Wed/Fri, Jun 15 - Aug 12
Edina High School Weight Room
25 Sessions \$109

STRENGTH TRAINING: BASKETBALL CONDITIONING

Designed for all students grades 9-12 who are playing basketball. Approved by Coach Dorsey.

Grades 9-12 617-18
9:00 - 10:00 AM Mon/Wed/Fri, Jun 15 - Aug 12
Edina Community Center Weight Room
25 Sessions \$109

STRENGTH TRAINING: GIRLS ONLY

GRADES 7-12+

Grades 7-12 617-1
10:00 - 11:00 AM Tue/Thu, Jun 16 - Aug 11
Edina High School Weight Room
16 Sessions \$89

Grades 7-12 617-14
8:00 - 9:00 AM Tue/Thu, Jun 16 - Aug 11
Edina Community Center Weight Room
16 Sessions \$89

Grades 7-12 617-2
11:00 AM - 12:00 PM Tue/Thu, Jun 16 - Aug 11
Edina High School Weight Room
16 Sessions \$89

STRENGTH TRAINING: CONDITIONING

FOR BOYS & GIRLS

GRADES 8-12

Outdoor Cardio conditioning with a variety of workouts—a fun way to increase endurance, speed and overall fitness.

Grades 8-12 617-00
7:00 - 8:00 AM Mon/Wed, Jun 15 - Aug 10
Edina Community Center Kuhlman Track
16 Sessions \$89

STRENGTH TRAINING: BOYS & GIRLS

GRADES 7-9

Grades 7-9 617-15
9:00 - 10:00 AM Tue/Thu, Jun 16 - Aug 11
Edina Community Center Weight Room
16 Sessions \$89

Grades 7-9 617-16
10:00 - 11:00 AM Tue/Thu, Jun 16 - Aug 11
Edina Community Center Weight Room
16 Sessions \$89

Grades 7-9 617-17
11:00 AM - 12:00 PM Tue/Thu, Jun 16 - Aug 11
Edina Community Center Weight Room
16 Sessions \$89

Grades 7-9 617-3
7:00 - 8:00 AM Tue/Thu, Jun 16 - Aug 11
Edina High School Weight Room
16 Sessions \$89

Grades 7-9 617-4
8:00 - 9:00 AM Tue/Thu, Jun 16 - Aug 11
Edina High School Weight Room
16 Sessions \$89

Grades 7-9 617-5
9:00 - 10:00 AM Tue/Thu, Jun 16 - Aug 11
Edina High School Weight Room
17 Sessions \$89

STRENGTH TRAINING: GRADES 9-12+

Grades 9-12 617-7
7:00 - 8:00 AM Mon/Wed/Fri, Jun 15 - Aug 12
Edina High School Weight Room
25 Sessions \$109

Grades 9-12 617-8
8:00 - 9:00 AM Mon/Wed/Fri, Jun 15 - Aug 12
Edina High School Weight Room
25 Sessions \$109

Grades 9-12 617-9
9:00 - 10:00 AM Mon/Wed/Fri, Jun 15 - Aug 12
Edina High School Weight Room
25 Sessions \$109

Grades 9-12 617-10
10:00 - 11:00 AM Mon/Wed/Fri, Jun 15 - Aug 12
Edina High School Weight Room
25 Sessions \$109

Grades 9-12 617-11
11:00 AM - 12:00 PM M/W/F, Jun 15-Aug 12
Edina High School Weight Room
25 Sessions \$109

Grades 9-12 617-12
4:00 - 5:00 PM Mon-Thu, Jun 15 - Aug 11
Edina High School weight room
32 Sessions \$129

Grades 9-12 617-13
5:00 - 6:00 PM Mon-Thu, Jun 15 - Aug 11
Edina High School Weight Room
32 Sessions \$129

Grades 9-12 617-19
8:00 - 9:00 AM Mon/Wed/Fri, Jun 15 - Aug 12
Edina Community Center Weight Room
25 Sessions \$109

Grades 9-12 617-20
10:00 - 11:00 AM Mon/Wed/Fri, Jun 15 - Aug 12
Edina Community Center Weight Room
25 Sessions \$109

Grades 9-12 617-21
11:00 AM - 12:00 PM M/W/F, Jun 15 - Aug 12
Edina Community Center Weight Room
25 Sessions \$109