

# **THOREAU AFTER-SCHOOL FITNESS CLUB**

# **TRUE FITNESS CLUB**

## **Dates/Times:**

Fridays (3:00-4:00pm)  
Jan. 21 – Apr. 1  
(will not meet on Feb. 11)

## **Grades:**

7<sup>th</sup> & 8<sup>th</sup>

## **Location:**

Gym 1

## **Class Demo:**

Jan. 7<sup>th</sup>



**IMPROVED FITNESS,  
APPEARANCE, &  
CONFIDENCE!**



**FUN FITNESS  
GAMES AND  
DRILLS!**



**BUILD A FOUNDATION  
FOR LIFE-LONG  
PHYSICAL ACTIVITY**

## **DETAILS:**

- Most fun after-school program!!
- Learn new fitness skills!
- Play games against your friends!
- Get in great shape!

## **Let's Move - Sign-up Today!**

Contact Shannon Davies  
(After School Programs Coordinator)

**[SLDavies@fcps.edu](mailto:SLDavies@fcps.edu)  
703-846-8089**

***TRAINED BY  
THE EXPERTS AT***

***...Train Hard, Train Smart, Train TRUE!***  
**703.996.3500    [www.TrueAP.com](http://www.TrueAP.com)**