

# SUMMER HIGH SCHOOL **WEIGHT ROOM** 9TH GRADE

9TH GRADE SUMMER WEIGHT ROOM IS DESIGNED TO EXPOSE INCOMING HIGH SCHOOL STUDENTS TO THE MOVEMENT PATTERNS AND BASE LEVEL STRENGTH NEEDED TO BE SUCCESSFUL IN HIGH SCHOOL SPORTS. THIS IS A GREAT TIME TO WORK WITH HIGH SCHOOL COACHES THAT WILL BE COACHING YOU DURING YOUR HIGH SCHOOL CAREER.

## LEXINGTON HIGH SCHOOL WEIGHT ROOM SCHEDULE

EVERYONE ACCEPT FOOTBALL

**MONDAY, WEDNESDAY & THURSDAY'S**

MAY 29TH - AUGUST 2ND  
7:15AM - 8:35AM

FOOTBALL ONLY ATHLETES

**TUESDAY, THURSDAY & FRIDAY'S**

MAY 28TH - AUGUST 2ND  
TUESDAY & FRIDAY - 7:00-8:30AM  
THURSDAY'S ONLY - 7:45-8:55AM

ALL SESSION HELD @ THE HIGH SCHOOL WEIGHT ROOM

REGISTER HERE

