



2019 GIRLS emPOWERED

Worcester Fitness presents **Girls EmPOWERED!**

A program designed to develop well-rounded and strong female athletes.

We focus on building these young girls from the ground up with an emphasis on core stability, proper movement patterns, balance and strength.

The confidence gained will show during practices and games and more importantly during non-sport times.

This program is specifically for girls in 6th, 7th, & 8th grades.

Monday February 25th - Monday April 8th
3:30pm - 4:30pm | 7 weeks for \$70

**SIGN-UP ON OUR
MIND BODY APP!**



FITNESS
worcester