

JR. WEIGHT TRAINING

WHEN

Aug 16th – Aug 25th
Mondays and Wednesdays
5pm – 6pm

WHERE

Dufur High school
Upper Gym

802 NE 5th St, Dufur, OR 97021.

FEATURING · Lifting Fundamentals · Fitness activities ·
Detailed Instruction · Stretching Exercises ·



AGES

Grades 6th – 8th

AT THE DOOR

Free of Charge:
Students are able to just
show up and participate.

SPONSORS

Dufur School

TO REGISTER

Email:

beverson@dufur.k12.or.us

Call:

(541) 467-2509