



## Open Weight Room Information

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**Days/dates:** June 6th-July 29th (Monday-Thursday)

**Times:** 7:00-9:00 AM & 6:00-8:00 PM

**Who:** To be 7th-12th graders

**Cost:** No cost

Please reach out to Mr. Peterson ([ppeterson@lpa.k12.mn.us](mailto:ppeterson@lpa.k12.mn.us)) or Mr. Schultz ([lschultz@lpa.k12.mn.us](mailto:lschultz@lpa.k12.mn.us)) to sign up and if you have any questions. Please also mention whether you will be there in the morning or evening session.

Mr. Peterson will have lifting & speed/agility programs designed for each student who signs up. Weight room sessions will be designed to be challenging, rewarding and you will be guaranteed to see results!

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