



JANUARY 7TH HIGHLANDS TEEN FIT

Get Stronger and Faster!!

Join Highlands new afterschool program called, "*Highlands Teen Fit,*" with Mr. Harrison.



Exercises include but not limited to:

Air Squats, lunges, push-ups, sit-ups, jumping jacks, sprints, and many many more!!!

DO YOU WANT TO
GET STRONGER AND
FASTER?

DO YOU WANT TO BE
A BETTER ATHLETE?

DO YOU WANT TO
FEEL BETTER
MENTALLY AND
PHYSICALLY?

ARE YOU TIRED OF
ALWAYS FEELING
TIRED?

DO YOU WANT TO BE
THE BEST YOU?

AFTER SCHOOL

3:15pm – 4:45pm

Thursdays

Schoology Access Code:
OJB8-Q9KJ-XZCPM