

# Junior Fitness

Winter Session 2

February 20th - April 6th



## Volleyball Training and FORCE Camps

\$15/class member and \$20/class non-member

### Volleyball

Power Camp  
Tuesday 6:00 - 7:00pm  
Steph | Full Gym

Power Camp  
Wednesday 6:30 - 7:30pm  
Steph | Full Gym

### FORCE Camps

Intro to FORCE  
Monday/Wednesday 4:00 - 5:00pm  
Steph | North Gym

Junior FORCE  
Tuesday/Thursday 4:00 - 5:00pm  
Steph | North Gym

Accelerated FORCE  
Wednesday/Thursday 4:00 - 5:00pm  
Dave | North Gym

Advanced FORCE  
Monday/Wednesday 5:00 - 6:00pm  
Dave | North Gym

Advanced FORCE  
Monday/Thursday 5:15 - 6:15pm  
Mike | North Gym

Register at the Front Desk or online at [www.lcclub.com](http://www.lcclub.com) ~ Member Services

For more information contact David Gaatz at [gaatzd@lcclub.com](mailto:gaatzd@lcclub.com) or Stephanie Loeck [loecks@lcclub.com](mailto:loecks@lcclub.com)  
262-367-4999 | 560 S. Industrial Drive | Hartland, WI | [www.lcclub.com](http://www.lcclub.com)