



IMIN PRESENTS ***AFTERSCHOOL*** ***WEIGHT-ROOM***

HOURS

Join us after school Mondays,
Tuesdays, and Fridays
4:30pm-5:30pm

LOCATION

Weight-room by small-gym

REQUIREMENTS

All students must follow school
rules and use proper Gym
etiquette



OUR SERVICES

Come in for guided circuit training
focused on strength and
conditioning
led by Coach Derke

imin

