



Men and Women with and for Others

REGIS JESUIT WEIGHTLIFTING AND SPEED CAMP 7th- 8th Grade Camps

**FEE - \$150 per 6-week session
(\$275 if you sign up for both 6-week sessions)**

5:00 – 6:00 pm

Monday and Wednesday's

Session 1 - January 30th – March 8th

Session 2 – March 20th – April 26th

OPEN TO BOYS AND GIRLS

Coach Davis Brendel and Coach Riglie Reeves from Landow Performance will be teaching proper weightlifting techniques and running the 6-week workout program.

This camp has limited space, so make sure to sign up ASAP.

REGISTRATION: <https://regisjesuit.myschoolapp.com/podium/default.aspx?t=36644&rid=45522>

Email Danny Filleman at dfilleman@regisjesuit.com if you have any questions