

To register text 813-787-9016 or email [MarkRoseSports@gmail.com](mailto:MarkRoseSports@gmail.com)



## **Middle School Fitness Program**

**Mark Rose: Crossfit Level 1 Instructor**

**"Fitness as a Sport"**

**After School Conditioning Program**

**Who:** 6<sup>th</sup>, 7<sup>th</sup>, and 8th grade girls and boys.

**What:** The best conditioning program your child has ever been a part of and hopefully the beginning of a lifetime of fitness and optimal health. Join us regardless of your current fitness level and we'll help you get in better shape! This program is for kids who, a) are looking to stay fit during an "off-season" from a sport, b) are involved in a fairly sedentary youth sport like baseball or softball, c) are not involved in traditional sports and simply want the benefits of being stronger, healthier, and more fit.

**Where:** 6460 Tampa Palms Blvd.

**Cost:** Unlimited classes = \$125 / month      3x week = \$100 / month      2x week = \$80 / month

**Includes T-shirt**

**Schedule:** Flexible schedule w/ 5 classes available. Pick the classes that work for you. Change any time!

**Monday**  
5:30pm

**Tuesday**  
5:30pm

**Wednesday**  
5:30pm

**Thursday**  
5:30pm

**Friday**  
5:30pm

(Dates & times subject to slight change)



**Get stronger! Feel better! Look better! Improve grades! Join us! You'll be glad you did!**

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**Mark Rose: Crossfit Level 1 Instructor - Former New York Yankees Player & Coach**

**Check out the cool conditioning program photos at [www.MarkRoseSports.com](http://www.MarkRoseSports.com)**