

# SMALL

GROUP TRAINING

# w/MOLLY



## FOR MIDDLE & HIGH SCHOOL GIRLS

The focus of the training will be speed, agility, strength training, injury prevention, stretching & nutritional advice.

- MEMBERS \$120
- NON-members \$150

**Wednesdays at 3:30-4:30pm**

**February 25 - April 1, 2026**

(See back for all dates offered & please check off all dates that your child is committing to).

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## MORE INFORMATION

(781) 585-3883  
KingsburyClub.com



