



2024 Hortonville's Summer

BUILD A BETTER BEAR!!!



*SIGN-UP WILL BE ON SKYWARD 3/18/24; 6-12th grade open Lift in on Wednesdays 10:30 AM - 12 PM

FITNESS CENTER SCHEDULE

GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<u>10 - 12TH BOYS</u>	7 - 8:30 AM	7 - 8:30 AM	HIGH SCHOOL SPORT TEAM WORKOUT ADD-ONS FOOTBALL: 7-8:30 AM (START IN FITNESS CENTER, THEN TURF) HOCKEY: 7-8:30 AM (START ON TURF THEN FITNESS CENTER) BASEBALL: 8:30-10 AM (START IN FITNESS CENTER, THEN TURF) TRACK: 8:30-10 AM (START ON TURF, THEN FITNESS CENTER)	7 - 8:30 AM
<u>9 - 12TH GIRLS</u>	8:30 - 9:30 AM	8:30 - 9:30 AM		8:30 - 9:30 AM
<u>9TH BOYS</u>	9:30 - 10:30 AM	9:30 - 10:30 AM		9:30 - 10:30 AM
<u>6TH - 8TH BOYS</u>	10:30 - 11:15 AM	10:30 - 11:15 AM		10:30 - 11:15 AM
<u>6TH - 8TH GIRLS</u>	11:15 AM - 12:00 PM	11:15 AM - 12:00 PM		11:15 AM - 12:00 PM

SPEED AND AGILITY (TURF) SCHEDULE

GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<u>9-12TH BOYS</u>	8:30 - 9:30 AM	-----	HIGH SCHOOL SPORT TEAM WORKOUT ADD-ONS FOOTBALL: 7-8:30 AM (START IN FITNESS CENTER, THEN TURF) HOCKEY: 7-8:30 AM (START ON TURF THEN FITNESS CENTER) BASEBALL: 8:30-10 AM (START IN FITNESS CENTER, THEN TURF) TRACK: 8:30-10 AM (START ON TURF, THEN FITNESS CENTER)	8:30 - 9:30 AM
<u>9-12TH GIRLS</u>	7:30 - 8:30 AM	-----		7:30 - 8:30 AM
<u>6TH-8TH BOYS</u>	11:15 AM - 12:00 PM	11:15 AM - 12:00 PM	-----	11:15 AM - 12:00 PM
<u>6TH-8TH GIRLS</u>	10:30 - 11:15 AM	10:30 - 11:15 AM	-----	10:30 - 11:15 AM

**FIRST DAY:
MONDAY,
JUNE 10TH**

**LAST DAY:
THURSDAY,
JULY 25TH**

**NO BUILD A
BETTER BEAR:
WEEK OF
JULY 4TH**

***MEET IN THE
FITNESS
CENTER OR
TURF
WHICHEVER
YOU HAVE
FIRST**

**Summer
Theme:
ABOVE
THE LINE
TRAINING**



