



Strength and Conditioning Program
Led by certified physical trainer Meleik Carry of
CarryPermitFitness

For Who: Any athlete from the age of 5-14 who wants to stay fit between their winter and spring sports seasons or just wants to be active.

When: 6 sessions-March 23, 27, 28 and 30. April 3 and 4. Mondays and Fridays from 6-7 pm. Saturday mornings from 9-10 am.

Where: The CLCF gym at 970 Pontiac Ave Cranston, RI.

What to Expect: In addition to strength and conditioning, there will be some general strengthening, endurance and mobility workouts.

Cost: \$40 (less than \$7 per session with a certified trainer).

Registration: Is open at CLCFtrack.com on the home page and at Sportsconnect.