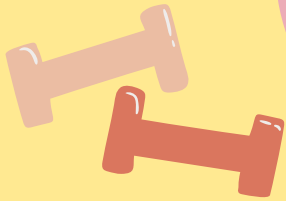




FITNESS FOR LIFE

AFTER-SCHOOL PROGRAM

LA PIETRA - HAWAII SCHOOL FOR GIRLS



PLAY AND LEARN OUTDOOR ACTIVITY

Outdoor games, fitness challenges, team bonding, and endurance training.

**GET STRONGER
GET FASTER
HAVE FUN**

Program Information:

-  Tuesday/Thursday 3-4pm
-  September 19 - November 9
-  La Pietra (Great Lawn)
2933 Poni Moi Road
Honolulu, HI 96815

Scan to Register:

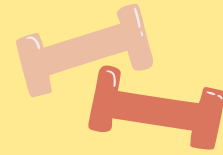


info@lapietra.edu
808-922-2744





LEADERSHIP IN ALL WE DO



PROGRAM

HIGHLIGHTS

- SPEED & ENDURANCE
- STRENGTH & FLEXIBILITY
- NUTRITIONAL INFORMATION
- LEADERSHIP SKILLS



PURPOSE

- PROMOTE HEALTHY LIFESTYLE
- ENHANCE SPEED & AGILITY
- FOSTER LEADERSHIP SKILLS



OUR COACHES

- QUALIFIED INTERNATIONAL COACHES
- EXPERIENCED COLLEGIATE ATHLETES
- TRUSTED MENTORS



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