



FitZone Athletic Performance

"A Personal Training program for All Ages"
" Stronger Minds = Stronger Bodies"



Welcome to FitZone Athletic Performance, where "Stronger Minds = Stronger Bodies".

The FitZone Program is designed to increase self-perception, develop self-esteem and ignite leadership skills. Through written self-evaluations and guided questions, each member will recognize and understand their character strengths. These strengths will be clearly identified through an informal and formal process. The power of positive thinking will allow the climate and the environment to be conducive for risk taking, emotional breakthroughs, and " I will never forget moments".

The "FitZone Afterschool Program" is run on Thursdays for students, both male and female, in grades 6th, 7th, and 8th.

The program begins promptly at dismissal and ends when the late busses arrive to school. Parents may arrive to school to pick students up at 3:50 PM. Late busses will drop students off at their nearest elementary school according to their address. A list of late bus stops are available at the main office. (Phone:(413)787-7240)

Students will be required to bring their homework to the program. We will also have math and ELA activators to keep student engaged during the homework timeframe. All students will have an opportunity to exercise in our fitness center. All students will be required to have their teachers fill out a "Teacher/Student Feedback Form" for participation and eligibility. Students must be in good standing with our staff and administration in order to participate in the program.

Please visit our website FITZONEATHLETICPERFORMANCE.COM for more information.

FitZone Community Partners

chd.org

jawm.org

fitnessfirsthealthclub.com

allamericangymnasticacademy.com

ebsrestaurants.com

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Dean of Students

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Visit these links to learn more about FitZone.

http://www.masslive.com/news/index.ssf/2017/02/school_is_in_session_at_the_fe.html

http://www.masslive.com/sports/2009/08/fitzone_athletic_performance_s.html

<https://www.suffieldacademy.org/page/news-detail?pk=1032617>

Student: _____ Grade: _____

Parent / Guardian Signature: _____ Date: _____