

# Sunrise Physical Therapy is offering strength and conditioning sessions this fall!

Students in grades 7-12 are welcome to join us in the field house at the Cambridge.

Community Center to improve agility, speed, full body strength, and power.

**Wednesday nights from 4-5 pm!**

Runs from 9/26 - 11/14 (except Halloween!)

**Drop in for \$10 per session or pre-pay \$56 for all seven sessions!**

Visit:

[http://www.thecambridgecc.com/info/activities/program\\_details.aspx?ProgramID=30890](http://www.thecambridgecc.com/info/activities/program_details.aspx?ProgramID=30890)