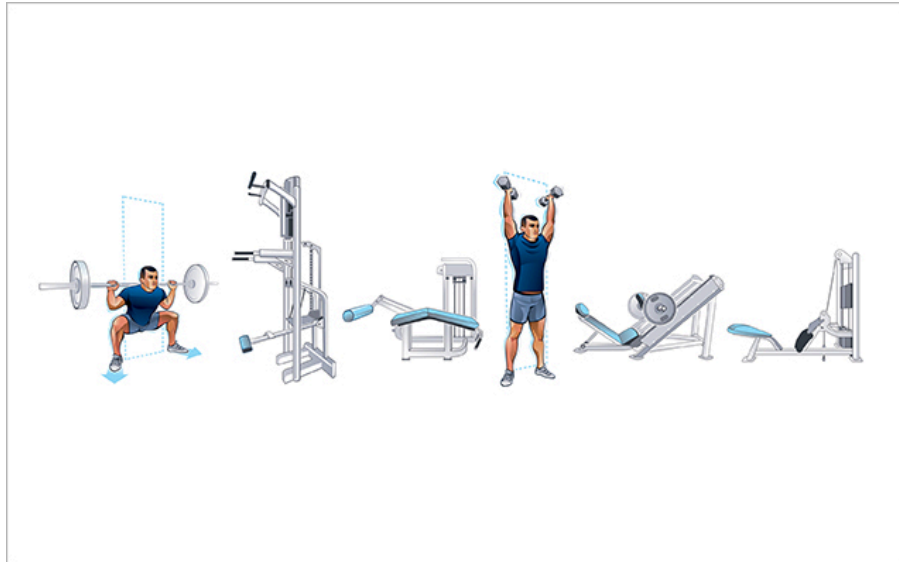


MME Activities & Athletics

Resistance Training Club



Morning resistance training will be offered **Monday mornings from 8:30-9:00 am**. Learn how to safely use resistance equipment and the ways they strengthen your muscles.

Schedule	Mondays 8:30-9:00 am May 15 - June 5 2023
Location	Fitness Room
Fees	No fees
Advisor(s)	Joshua.Bakke@minnetonkaschools.org
Registration Deadline	Until all 12 spots are filled. Club requires 10 registrations to proceed. See below for registration directions.

Registration

To register, please do do the following:

1. Start here: <https://1976a.cf.wordwareinc.com/>.
2. Register for **Resistance Training Club**
3. You will receive an email confirmation once you have fully completed the registration process. If you do not receive the confirmation, or have questions, you can email RUTH GALVAN or call her on 952-401-4180