

Strength Training

JRG Strength Center: 8th Grade After-School Workouts Starting Soon!

The JRG Strength Center will open for after-school workouts beginning **Monday, December 2nd**, exclusively for our 8th-grade students. The program will run twice a week right after school until 4:10 p.m. and will be available throughout the year. **Boys will train on Mondays and Wednesdays, and girls on Tuesdays and Thursdays.**

No signup is needed, but students are required to “check in” each day using a QR code for attendance. During the program, students will learn proper form and technique for various exercises as part of a supervised strength training routine. Regular attendance is encouraged for the best results, especially when students are not participating in another sport.

For any questions, please contact [Mr. Knapp](#) or [Mr. Chalupny](#).