



PEAK Performance
Summer Strength and Conditioning

Tuesday and Thursday mornings

June 12-14, 19-21, 26-28

MHSAA Mandatory "Dead Week" July 1-8

July 10-12, 17-19, 24-26

August OFF for Fall Sports, Family Vacations

10-11 am Knights' Strength

Boys' Basketball, Hockey, Lacrosse and other Multi-Sport Athletes

6 weeks of Strength and Conditioning for \$90

12 Saturday Boot Camp sessions included – *10-11am outdoors at Walker Ice and Fitness*

Checks payable to Todd Johnston

Questions?? Call/Text 616-516-3204 or Email tjohnston@khps.org

Check out PEAK Performance on Social Media at:

Facebook: PEAK Performance (Physical Education at Kenowa Hills)

Twitter: @PEAKPerformKH #BraveAndBold

Instagram: @PEAKPerformKH #KnightsStrength #RaisingTheBar



FUNdamentals of PEAK Performance
Strength and Conditioning for Middle School Athletes

Monday and Wednesday evenings (easier for parents to transport younger kids after work)

June 12-14, 19-21, 26-28

July 10-12, 17-19, 24-26

6-7:30 pm FUNdamentals of PEAK Performance
Middle School Athletes

6 weeks of Strength and Conditioning for \$60

12 Saturday Boot Camp sessions included – 10-11am outdoors at Walker Ice and Fitness
Parents would be welcome to attend the Saturday sessions WITH their daughter/son to
participate in Metabolic Conditioning workouts suitable for all ability levels

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