

Calling All 7th and 8th Grade Athletes

ANHS WEIGHT LIFTING

Feb 8th-May 5th

Get a head start on High School Athletics. Speed Development, strength training and conditioning will be emphasized to prepare middle school athletes for High School Athletics.



ANHS Weight Room
Tuesday & Thursday

4:30pm- 5:30pm

Lead by Coach Cliff Wasserbach



SCAN ME

\$50 donation for the 4 months Please pay online at or scan above

[Middle School Weight Lifting | Wolverine Football](#)