

Sports Core Sessions

FOR KIDS



Our fitness program located in the Warren Memorial Hospital Outpatient Center is offering sports core sessions to help prepare teen athletes for their upcoming sports season. The sessions are designed to strengthen the teen athlete's core for better physique and success in his or her sport. Participants will work with a BOSU® Ball, Slingshot, bands, and other agility equipment. Sessions will be held in the fitness gym and can be sport-specific.



**For more information including fees, call 540-635-0739
or email mmitchc2@valleyhealthlink.com.**

Warren Memorial Hospital Outpatient Center • 120 N. Commerce Ave., Front Royal

 **ValleyHealth**
Wellness & Fitness Services

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