

GREAT FUTURES START **HERE.**



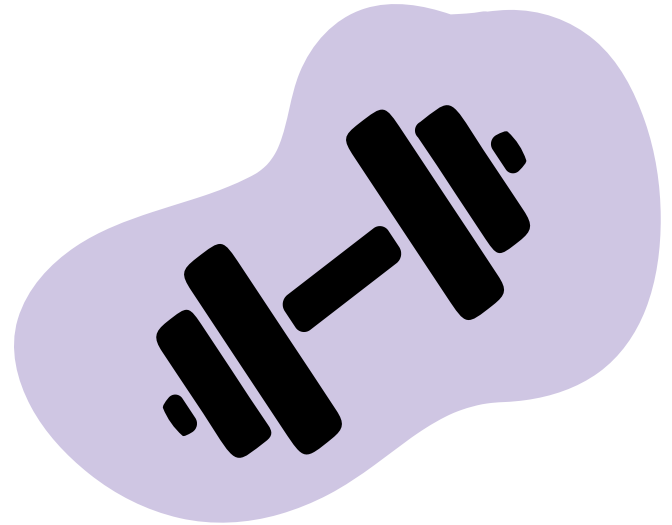
CARLOS GARCIA FITNESS CENTER

FITNESS

EVOLUTION

WHAT YOU'LL LEARN

- Leadership Skills
- Basketball Drills
- Obstacles Courses
- Flag Football
- Group Exercises
- Teamwork
- Healthy Habits



WHAT YOU'LL NEED:

- Sneakers
- Reuseable Water Bottle
- Snacks
- Bathing Suit/Towel
- Sunscreen

Membership in the Boys & Girls Club of Worcester is necessary 2024-2025 summer .

