



CHAMPIONS
CHRISTIAN ACADEMY
WHERE CHAMPIONS ARE MADE

WEIGHT LIFTING

AFTERSCHOOL PROGRAM



**STRONGER BODIES.
STRONGER MINDS.
STRONGER IN CHRIST.**

Our Weight Lifting program helps middle school students build strength, discipline, and confidence in a safe, supervised, Christ-centered environment.

STUDENTS WILL GAIN:



STRENGTH

Build a strong body



DISCIPLINE

Stay focused and consistent



CONFIDENCE

Believe in yourself



CHARACTER

Build values that last

PROGRAM DETAILS



TWO DAYS PER WEEK

Consistent training. Real results.



1 HOUR PER SESSION

Focused. Effective. Impactful.



INCLUDES AFTER-CARE

Program days only



\$120 PER MONTH

Affordable training that builds champions.



REGISTER TODAY!

Spots are limited.
Invest in strength. Invest in their future.

TRAIN HARD.
LIVE STRONG. LEAD WELL.

www.championsca.org

