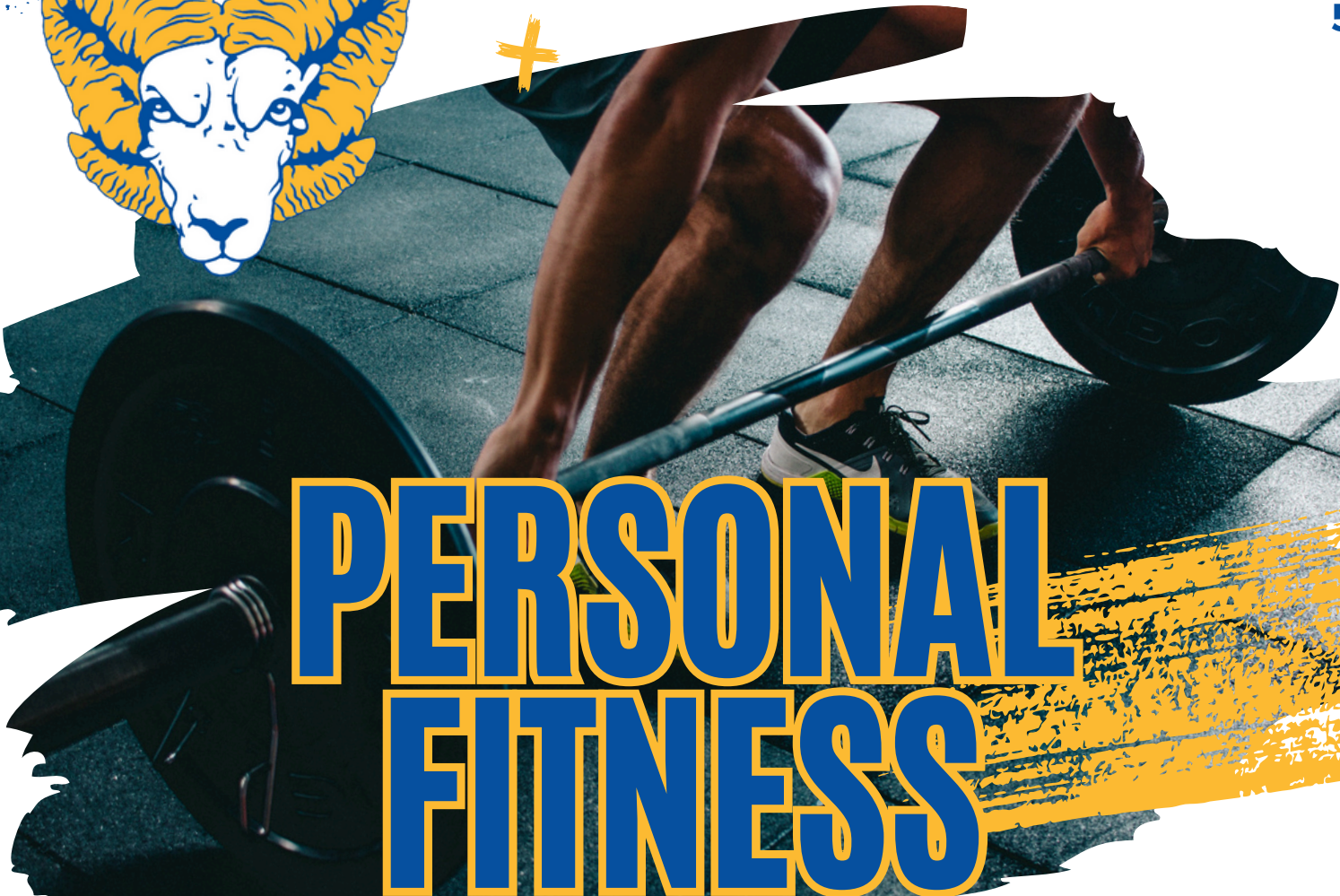


COACH ARNSMEYER
COACH BLAIR
515



PERSONAL FITNESS

10TH-12TH GRADE



**Technique &
Strength
Development**



**Nutrition & Body
Composition**



Goal Oriented



**Sign up when you meet
with your counselor!**

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