

JUSTICE WOMEN'S SPORTS

LIFT

WEDNESDAYS

3:30 PM

MEET AT WEIGHT ROOM

Questions? Ask Coach White - mwhite@fcps.edu

- OPEN TO ALL GRADES, 9TH - 12TH
- MUST HAVE A PHYSICAL ON FILE
- MUST HAVE VACCINATION STATUS ON FILE
- DRESS IN ATHLETIC CLOTHING
- BRING WATER!
- MASK MUST BE WORN AT ALL TIMES
- BE READY TO WORK!

