

# Hawk Fitness Academy Summer 2019 Schedule

## Overland Park Session

5:15 p.m. to 6:15 p.m.  
KU Edwards Campus  
BEST Building, Room 160  
12600 Quivira Rd.  
Overland Park, Kansas 66213

## Initial Body Composition & Functional Testing

Monday, June 3, 2019

### June Exercise Sessions

Wednesday, June 5, 2019  
Monday, June 10, 2019  
Wednesday, June 12, 2019  
Monday, June 17, 2019  
Wednesday, June 19, 2019  
Monday, June 24, 2019  
Wednesday, June 26, 2019

### July Exercise Sessions

Monday, July 1, 2019  
Wednesday, July 3, 2019  
Monday, July 8, 2019  
Wednesday, July 10, 2019  
Monday, July 15, 2019  
Wednesday, July 17, 2019  
Monday, July 22, 2019

## Final Body Composition & Functional Testing

Wednesday, July 24, 2019



**Participants will register for one of the campus location and schedule options.**

**Children participants are encouraged to wear athletic clothing that allows ease of movement. Athletic shoes are required.**

**REMINDER: Parents and guardians must provide a recent physical/physician clearance form to the the camp director prior to or on the first session.**