



JMS Strength & Conditioning 2025 Summer Schedule

JMS COORDINATORS:	Nicole Beer - nicole.beer@johnston.k12.ia.us Ari Ross - ari.ross@johnston.k12.ia.us Tanner Kuhens
LOCATION:	Johnston Middle School - Weight Room - Enter Door 15
DATES:	UPDATE: New times starting Monday, June 23 Last Day: Thursday, July 24

	Monday	Tuesday	Wednesday	Thursday	Friday
7:00am to 8:00am Coach Beer & Coach Kuhens	FEMALE Lifting Session Incoming Grade 8 & 9 Girls Only	FEMALE Lifting Session Incoming Grade 8 & 9 Girls Only		FEMALE Lifting Session Incoming Grade 8 & 9 Girls Only	
8:00am to 9:00am Coach Ross & Coach Kuhens	Weightlifting Session 1 Open to all Incoming Grade 8 & 9 Students	Weightlifting Session 1 Open to all Incoming Grade 8 & 9 Students		Weightlifting Session 1 Open to all Incoming Grade 8 & 9 Students	

**In the event that we need to cancel a session due to an emergency, you will receive an email notification through ParentSquare.