



Be part of something special this summer.  
*Registration is OPEN for Season 6!*

EmpowHer & Move is a no-cost leadership development and fitness summer program for incoming high-school girls who live in Anderson Township and Newtown. Embark on a transformative journey of self-discovery, leadership empowerment, friendship and physical and mental fitness. Are you ready? Let's go!

**Learn more and register here: [www.empowherandmove.org](http://www.empowherandmove.org)**

And check out this  
summer's program line-up  
on Page 2!





# SEASON 6

## Lesson & Workout Schedule

Thank you to our "Move" studio sponsors for offering this summer lineup!



June 3

**Program Kick-off:  
Redefining "Like a Girl"**

Team-building activities & picnic at Johnson Hills Park, *Rain Plan TBD.*



June 10



**Finding Courage &  
Confidence**

U.S. Moo Do Academy  
(self-defense)



June 17

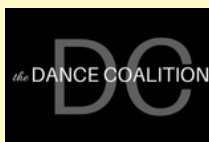


**Prioritizing Self-care**

D1 Training



June 24



**The Power of Positivity  
& Getting Outside Your  
Comfort Zone**

The Dance Coalition



July 1

**Holiday Week Hike & Ice Cream**

Withrow Nature Preserve & Creamy Whip. No formal lesson; weather dependent.



July 8, \*7:30-9:00 PM



**Building Your  
Core Village**

Burn Bootcamp



July 15



**Setting Boundaries**

barre3 Mariemont



July 22, \*6:00-9:00 PM

**Concluding Celebration**

Pool party at Forest Hills Swim Club.

EmpowHer & Move is a registered non-profit organization. Thanks to our generous sponsors, we are able to offer this summer program at no cost to participants. To learn more, visit [empowherandmove.org](http://empowherandmove.org).

 Indicates "Alumnae Nights"

\*All times 7:00-8:30 PM unless otherwise noted.