

SUMMER

Youth Strength & conditioning

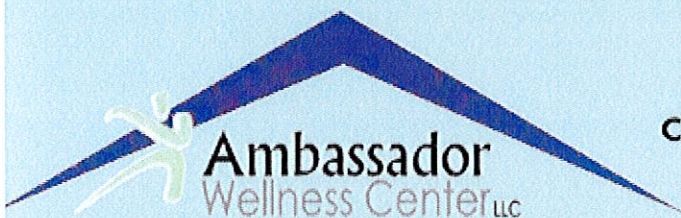
STARTS
JUNE
7th

9 week program

building Athletes

- age 8-12 12:00pm
- age 13-18 12:45pm
- M-W-F

- WK 1-3: Proper form & strength training
- WK 4-6: Agility & Sport specific training
- Wk 7-9: Explosive movements & conditioning



Contact Kevin Gray 402-618-5709