



YOUTH STRENGTH & CONDITIONING

YOUTH AGE 11-14

IMPROVE STRENGTH, POWER, AGILITY, SPEED AND REACTION TIME DURING THESE WORKOUT SESSIONS.

TUESDAYS, JUNE 7, 21, JULY 5, 19, AUGUST 2
\$5/DAY— BALLARD RESIDENCE
\$7/DAY—NON-BALLARD RESIDENCE