

AGES 11-19

ADVANTAGE



NOV 7 - DEC 13 * 6 WEEK SESSION
TUES & WED, 6:30-7:30PM



12 SESSIONS

ADVANTAGE \$113

JR. ADVANTAGE \$90

For more info call Jacob Muhich
(612) 590-5078

GAIN THE ADVANTAGE!

- Develop strength, speed & endurance
- Dumbbell & barbell weight training
- Plyometric & Agility Drills
- Flexibility & mobility
- Sport specific training
- Character Development

Junior

AGES 7-10

ADVANTAGE

NOV 7 - DEC 14 * 6 WEEK SESSION
TUES & THURS, 3:40 - 4:30PM

