

Junior

# ADVANTAGE

INTRO TO WEIGHT LIFTING & CONDITIONING



## RAILS

STRENGTH & FITNESS

- AGES 7-10
- Develop proper techniques for foundational movements like running, jumping, squatting, pushing & pulling
- Improve strength, agility, speed & flexibility in a safe manner
- Enhance overall athletic performance
- Boost self-confidence

Contact Kristina  
Kessler with any  
Questions  
(605-290-2790)

