

ADVANTAGE

TUESDAYS & THURSDAYS

6:30 - 7:30PM

AGES
12 - 18

SEPTEMBER: 8, 10, 15, 17, 22, 24, 29,
OCTOBER 1st



GAIN THE ADVANTAGE!

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

\$70

Contact Us:
#920-427-9544
821 Railroad Ave SE.



Junior

ADVANTAGE

TUESDAYS & THURSDAYS

3:45 - 4:30PM

AGES
7 - 11

SEPTEMBER: 8, 10, 15, 17, 22, 24, 29,
OCTOBER 1st