ADVANTAGE

RAILS
STRENGTH & FITNESS

the YMCA

TUESDAYS & THURSDAYS

6:30 - 7:30PM

AGES 12 - 18

November: 3, 5, 10, 12, 17, 19,
December: 1, 3, 8, 10, 15, 17



GAIN THE ADVANTAGE!

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

$135

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



Junior ADVANTAGE

TUESDAYS & THURSDAYS

3:45 - 4:30PM

AGES 7 - 11

November: 3, 5, 10, 12, 17, 19,
December: 1, 3, 8, 10, 15, 17