



# YOUNG ATHLETES STRENGTH & CONDITIONING

## DATES & TIME

- 1st 4 Week Training Session: April 1 - April 26
- 2nd 4 Week Training Session: April 29 - May 24
- Monday, Wednesday & Optional Friday
- 4:30 - 5:30 p.m., First Level Weight Room
- Cost: 

|                              |                              |
|------------------------------|------------------------------|
| <b>2 days 4 week session</b> | <b>2 days 8 week session</b> |
| \$85 Member / \$110 Guest    | \$150 Member / \$200 Guest   |
| <b>3 days 4 week session</b> | <b>3 days 8 week session</b> |
| \$110 Member / \$135 Guest   | \$200 Member / \$250 Guest   |

## DETAILS

- Develop power & strength for improved sports performance
- Learn proper form of fundamental movements from certified personal trainers
- Experience individualized sessions to achieve athletic goals
- Optional Fridays provide speed, agility and plyometric training

### FOR MORE INFORMATION

Contact Samantha Kelly  
402.413.4012 | skelly@madonna.org

### SIGN UP AT FRONT DESK

Sign up for both 4 week sessions  
and save \$20