



YOUNG ATHLETES STRENGTH & CONDITIONING

DATES & TIME

- 4 Week Small Group Training Session: **June 6 - June 27**
- Monday, Wednesday & Optional Thursday
- 2 Class Options: 2:00 - 3:00 p.m. or 4:30 - 5:30 p.m.
- Cost: **2 days 4 week session** **3 days 4 week session**
 \$85 Member / \$110 Guest \$110 Member / \$135 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 Thursdays provide speed, agility and plyometric training

FOR MORE INFORMATION

Contact Samantha Kelly
402.413.4012 | skelly@madonna.org

SIGN UP AT FRONT DESK

Registration Deadline June 4
Open to Ages 13 & Up