



# **RAISE YOUR GAME**

## **SUMMER YOUTH EXERCISE + NUTRITION PROGRAM**

### **EXERCISE CLASSES**

**June 4- August 3**  
**Monday-Wednesday- Friday**  
**10:00 - 11:30am**

#### **IMPROVE:**

- Agility
- Stability
- Speed
- Quickness
- Body control
- Plyometrics
- Core
- Ability to change direction
- Strength training
- Conditioning

**\$200 for ALL\* exercise + nutrition classes!**  
**10 session punch cards (\$100) also available**

### **WELLNESS + SPORTS NUTRITION**

**Mondays June 4 - July 30**  
**11:30-12:00 pm**

#### **TOPICS:**

- My Plate, My Way
- Daily Fuel
- New spin on fruits + veggies
- Hydration
- Sugar
- Timing your fuel
- Making healthy smoothies
- Fueling game day

### **\*SPORT SPECIFIC CLASSES**

**Mondays June 4 - July 30**  
**12:00 - 1:30pm**

#### **SPORTS:**

- June 4 - Basketball
- June 11 - Volleyball
- June 18 - Soccer
- June 25 - Swimming
- July 2 - Football
- July 9 - Baseball
- July 16 - Basketball
- July 23 - Volleyball
- July 30 - Soccer

**\*additional \$10 per class\***

**FOR MORE INFORMATION:**  
**[info@achievingyourbest.net](mailto:info@achievingyourbest.net)**  
**1311 A East Republic Road**  
**417-720-3670**