

ACHIEVING YOUR BEST

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# SUMMER YOUTH FITNESS

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Keep your kids active during  
the summer months!

**JUN 3 - AUG 2**

**MON-WED-FRI 10AM-12PM**

-Improve speed, agility, strength, and  
stamina!

-Strength program & conditioning

-Includes instruction on proper form &  
appropriate weight

-Nutrition for performance & health

-Small groups divided by grade: K-5, 6-  
8, 9-12

-Groups limited to 12 kids- reserve your  
spot today!

**\$275 FOR ALL 8 WEEKS**

**\$45 PER WEEK**

**\$15 PER CLASS**

**Call 417-720-3670 for more info  
or to register!**

