

ACHIEVING YOUR BEST

SUMMER YOUTH FITNESS

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

\$40 PER WEEK

\$125 10 CLASS PUNCH CARD

\$15 PER CLASS

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

