

YOUTH SPORTS PERFORMANCE TRAINING 1

Who: Youth Athletes, ages 16- 18, who want to Improve their Athletic Performance and Reduce Injuries

When: March 6th - April 17th, 2017
(excludes March 27th)
Mondays from 3:15-4:15pm

Cost: 6-weeks for \$105, or drop-in for \$25/class
(permitting available slots)

Where: Prevail Conditioning Performance Center
417 Santa Barbara St, B1-3

* Limited to first 10 participants
(must confirm a spot ahead of time)

What you will achieve:

- Improved athletic performance
- Improved agility and explosiveness
- Improved conditioning fitness
- Reduced injury risk
- Improved recovery/decreased soreness

