

# YOUTH SPORTS PERFORMANCE TRAINING 2

**Who:** Youth Athletes, ages 12-15, who want to Improve their Athletic Performance and Reduce Injuries

**When:** March 6th - April 19th, 2017  
(excludes March 27th and March 29th)  
Monday/Wednesday from 4:15 -5:15pm

**Cost:** 6-weeks for \$205, 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

