

SportShape

A Sports Specific training Program for youth designed to enhance speed, strength, and agility for the teenage athlete.



**Sessions starting June 16th
Tuesday and Thursday 1-2 PM**

**Led by Certified Personal Trainers
Kurt Weidner, Vaughan Twigger and Jake Parks**

**Rate for launch is \$200 per month, which includes 8 sessions and membership fees.
This is a special introductory offer only**

**Minimum 6 participants needed to start class!
Contact Christie Heslip for more information christiegregg@msn.com 951-2949**