

READY TO TAKE YOUR SPORTS TRAINING TO THE NEXT LEVEL?



- ✓ Speed & Agility
- ✓ Weight Training
- ✓ Conditioning
- ✓ Increased Mobility
- ✓ Power Production
- ✓ Reduce the likelihood of injuries

TUESDAYS & THURSDAYS

4:00PM TO 5:00PM

MAY 21ST TO JULY 11TH

\$240 FOR 8 WEEKS (16 TOTAL SESSIONS)

TRAINING CAMP IS OVERSEEN BY PERSONAL TRAINER, JONAH LEHMANN.

JONAH HOLDS A B.S. IN HEALTH & HUMAN PERFORMANCE & HAS ALMOST A DECADE OF EXPERIENCE WORKING WITH ATHLETES OF VARIOUS AGES.

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