

The Complete Young Athlete

Speed, Strength & Agility



Ages 10 - 14
Tuesday, 3-3:45pm
June 22 - August 10

Are you a young athlete? Do you want to crush the competition? Join Personal Trainer Gage Livingston for 8 weeks of intense speed, agility, and strength training. The program will be based on proven athletic training techniques used by professionals worldwide. No matter what sport you play, this program is for you. Sign up at the front desk today and invite the rest of the team too!

8 week session \$59 member / \$89 non-member.

North Shore
5750 N. Glen Park Rd.
414-351-2900

