



YOUTH SPORTS WINTER CONDITIONING (AGES 11 – 13)

9-WEEK SESSION BEGINS

DEC 29th

DEC 29th – FEB 25th

ENROLL NOW!!!

- When:** **TUESDAYS & THURSDAYS @ 4:30pm to 5:30pm.**
- What:** Speed, agility, strength, and endurance training utilizing resistance bands, jump ropes, stability balls, steps, agility ladder, cone drills, medicine balls, and much more.
- Where:** World Gym - Fayetteville
- Instructors:** Nationally Certified World Gym Personal Fitness Trainer: Bob Bell.
- Cost:** **Only \$159 (for 18 one-hour classes)**
- Contact:** Beckie Bell: 770-363-4816
Bob Bell: 770-716-5755 or
bobb@worldgymfayette.com