

Youth Summer Program

10 Weeks UNLIMITED Youth Classes



Dates: June 18 to August 24

* no classes on Wednesday July 4



Investment: \$450 for Unlimited Summer Classes

* That's \$15 per class!

Weekly Class Times:

Monday 7am (15-19 year olds)
Monday 9am (10-14 year olds)
Monday 12pm (10-14 year olds)

Wednesday 7am (10-14 year olds)
Wednesday 9am (10-14 year olds)
Wednesday 12pm (15-19 year olds)

Friday 7am (15-19 year olds)
Friday 9am (10-14 year olds)
Friday 12pm (10-14 year olds)

* Limit one class per day.

* Limited to the first 12 spots for each class. 24 hours notification mandatory for any cancellation, as spots are limited. Waiting list will go into effect if all 12 spots are reserved.

* Parents must be present for the beginning of the first session on June 18

QUESTIONS? Contact Matt, 414-630-1442 full360fitness1@yahoo.com
Visit us on the web: www.full360fitness.com

What to expect? RESULTS!

- ✓ Pre-program testing on June 18
- ✓ Increased movement efficiency
- ✓ Increased conditioning
- ✓ Increased strength
- ✓ Increased body control/deceleration mechanics
- ✓ Increased acceleration/speed
- ✓ Increased tolerance of high stress situations
- ✓ Post-program testing on August 24