

ONE MORE REP

STRENGTH • SPEED • CONDITIONING

MONSTERS

FOOTBALL CONDITIONING

4TH - 8TH GRADE

MON & WEDS 5:30 - 6:30PM • JULY 5TH - JULY 28TH

Due to strict capacity limits waiting lists may apply.

**TURF WORK • STRENGTH • AGILITY • FUNDAMENTAL SKILLS
BALANCE & FLEXIBILITY • POSITION SPECIFIC SKILL WORK
SPEED & FIRST STEP DEVELOPMENT**



\$150

**SIBLING DISCOUNTS
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