



GET FIT YOUTH PERFORMANCE TRAINING

Looking for your son or daughter to improve their speed, agility, and strength? Get Fit Youth is for boys and girls ages 9-18 and will challenge each participant to achieve their fitness goals while building mental toughness. This program will inspire and push your child to become quicker, stronger and FIT. To register for the Get Fit Youth Performance Training go to sportsofallsortsky.com

Cost

- 6 training package - \$125
- 12 training package - \$225
- 16 training package - \$300

TRAINING BEGINS
MAY 7
1ST TRAINING
SESSION FREE

INSTILLS POSITIVE
CONFIDENCE

SPRINT
MECHANICS/
POWER / AGILITY/
CORE
STABILITY/INJURY
PREVENTION

TRAINING WILL
INCREASE OVERALL
ATHLETIC ABILITY

Trainer: Derek Smith

- 15+ years training experience
- IYCA Certified
- Ex- Pro Soccer Player