

ATHLETIC TRAINING

FOR MIDDLE AND HIGH SCHOOL STUDENTS

BECOME A BETTER ATHLETE

Improve Performance & Confidence

Develop Strength & Endurance

Increase Speed and Agility

Reduce Injuries

4 Week Group Sessions

January 11-February 5

April 5-April 30

February 22-March 19

May 17-June 4

Monday-Wednesday-Friday 4:00-5:00pm

Call the YMCA 625-1976 for Registration Information

IFTA Certified Trainers: Scottie and Jamie Fonville

SESSIONS ARE FOR ONE HOUR

12 GROUP SESSIONS

\$120 YMCA Members

\$240 Non-Members

INDIVIDUAL SESSION

\$20 YMCA Members

\$40 Non-Members

WORK HARD-GET RESULTS

RANDOLPH-ASHEBORO YMCA