



TEEN SUMMMER

SPORTS STRENGTH & CONDITIONING

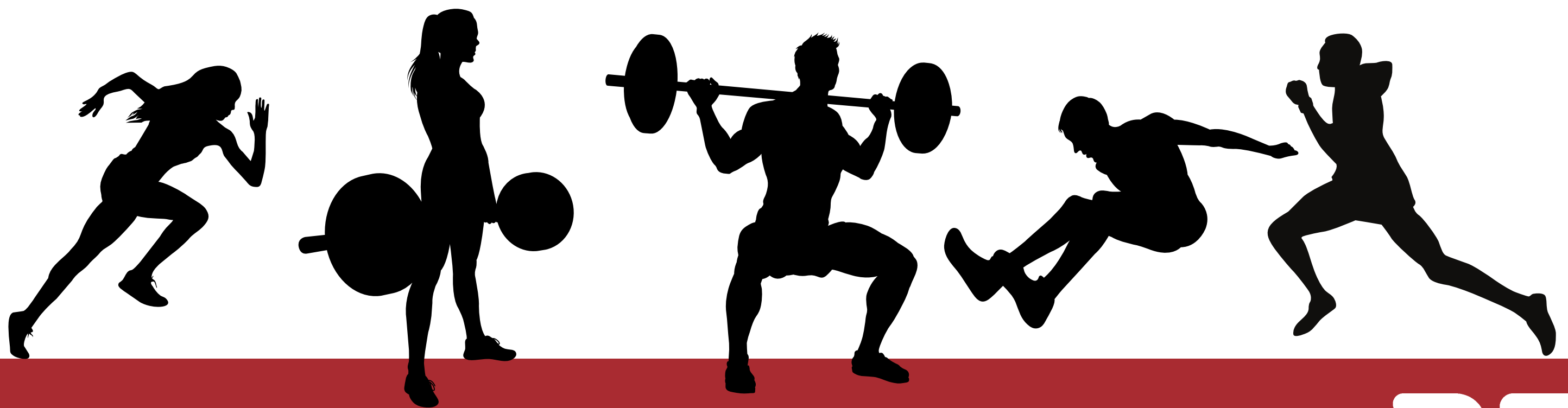
JUNE 19 – AUG 9

MONDAYS & WEDNESDAYS

9:30–10:30AM

Created and administered by an experienced Personal Trainer and former DI & DII Strength & Conditioning Coach, this program implements sports-specific strength, power, agility, speed & conditioning principles to help your student-athlete enter next season healthier, stronger, faster & more injury-resilient.

MEMBER: \$185 | NON-MEMBER: \$200



BLOOMSBURG AREA YMCA

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