



**RESILIENCE
FITNESS**

PRE-SEASON BOOTCAMP

Been too busy to focus on
your summer training?

There's still time to jumpstart
your body before tryouts!

- Middle + High School Athletes
- Mon | Tues | Wed | Thurs
- 6:15-7:15pm
- Week 1 = 8/5 - 8/8
- Week 2 = 8/12 - 8/15
- Conditioning-Focused Sessions
- Come to as many of the 8 sessions
as you can
- \$100/athlete

Don't be left in the dust
JOIN US!

SCAN THIS QR CODE
TO REGISTER NOW

