



# **YOUTH SPORTS TRAINING**

**TRAINING LED BY:  
CERTIFIED PERSONAL TRAINER  
COLLEEN MARCIANO**

**JOIN NOW FOR GROUP SESSIONS  
JUNE 12TH-JUNE 28TH**

**12-16YRS OLD  
WEDNESDAYS & FRIDAYS  
8:15AM-9AM  
FEE: \$120**

**STRENGTH TRAINING  
AGILITY DRILLS  
FREE WEIGHTS  
WORKOUT MACHINES  
STRETCHING**

**INDIVIDUAL TRAINING AVAILABLE UPON REQUEST**