WANT TO IMPROVE YOUR BASKETBALL GAME? LETS TRAIN!

STARTS JUNE 2ND!



CROSS TRAINING NOW AVAILABLE!

Join our basketball / personal training Program

YOUNG ATHLETES WILL:

- Improve endurance
- Increase agility
- Gain strength
- Develop flexibility

Get these results & more from HIIT workouts

WEDNESDAYS @ 4PM & SUNDAYS @11AM

Try your 1st two sessions for $25 each



Instructed by Personal Trainer/Coach Harry Young

FITNESS
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OR CONTACT THE FITNESS WELCOME DESK AT 305.271.9000 X284