

# BEAVER DAM FAMILY CENTER PRESENTS



## TEEN FITNESS!!

# NEXT LEVEL PERFORMANCE

### ABOUT OUR **CLASS:**

- STRENGTH & CONDITIONING PROGRAM
- IMPROVE SPEED, POWER & EXPLOSIVENESS
- "INTENSE" TRAINING BY CERTIFIED INSTRUCTOR
- FOR ATHLETES & NON-ATHLETES, GRADES 9-12



### **SIGN UP:**

- 6-WEEK SESSIONS (Sign up for 2 or 4 days)
- STARTS MONDAY, JUNE 5
- MONDAYS & WEDNESDAYS 6-7 AM
- TUESDAYS & THURSDAYS 6-7 PM
- \$50 / 2 days or \$90 / 4 days
- Sign up @ [www.bdfamilycenter.org/hockey](http://www.bdfamilycenter.org/hockey)

**BEAVER DAM FAMILY CENTER**

609 Gould St. • (920)885-9816 • [rnkmgr@bdfamilycenter.org](mailto:rnkmgr@bdfamilycenter.org)