

WARRIOR

STRENGTH TRAINING

**TIRES-SLEDS-KETTLEBELLS-SAND PIT-ROPES-KEGS
SLEDGE HAMMERS-BULGARIAN BAGS-SLAM BALLS**

AGES 9 - 18

MAY 2 - JUNE 24

MON/TUES/THURS (5:20PM-6:05PM)

(SUMMER WARRIOR STARTS ON 6/27 WITH AM & PM SESSIONS)

RESULTS GUARANTEED

www.ICEperformancetraining.com

515-957-8622

301 9TH St. NE, Altoona