

CENTRAL WISCONSIN FALL YOUTH TRAINING



WORKOUT TIMES

MON - FRI
11 AM, 3:30 & 4:30 PM

SAT: 9 AM

FALL SPECIAL PRICING

OPTION 1: \$120 MONTH TO MONTH UNLIMITED WORKOUTS

OPTION 2: \$125 PUNCH CARDS - 10 WORKOUTS

OPTION 3: \$299 - 12 WEEKS UNLIMITED

Rookie Ages 7 - 11

This program creates the foundation for coordination and athleticism plus starts character development and core values.

Developmental Ages 12 - 14

This program incorporates more athletic movements and begins to emphasize power and speed as well as age-appropriate weight-lifting.

Prep Ages 15 - 18

This program develops power, speed, strength and athleticism, and is similar to a Division 1 collegiate program.



TRAINING
STEVENS POINT

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