



GROUP TRAINING



GET FIT STRENGTH AND CONDITIONING



STARTS

JAN. 2, 2019

TEENFIT!

FIND YOUR STRENGTH!
GET FIT!
SIGN UP TODAY!

1809 PICASSO AVE
DAVIS CA 95618

www.getfitstrengthandconditioning.com



Pave the road to a healthy lifestyle by signing your child up for Get Fit Strength and Conditioning's TeenFit! Participants will learn proper form and foundation for exercise as well as other useful tools to build their knowledge of health and wellness. Your child will walk away with the sense of confidence and strength that will last a lifetime! Enroll at the front desk of Get Fit Davis Sport to start their journey today!

TRY OUT A CLASS FOR FREE!

ADDITIONAL INFO:

MEETING TIMES:
MON/WED/FRI
4:30 PM FOR 8 WEEKS
COST: \$149
Ages: 10-17

FOR MORE INFORMATION, PLEASE EMAIL gfstrengthandconditioning@gmail.com.
*Program is open to members of both clubs, however, participants do not need to be a member to do the program.

