

STRENGTH

# KIDS & TEENS STRENGTH TRAINING

*With Mike Melchor*

Learn the fundamentals of strength and conditioning with a personal trainer in this monthly program. Perfect for those at a beginners level or more experienced student athletes training for their sport of choice.

*Monthly rates apply, please reach out to Mike for more information or any questions you may have.*

**AGES 12-17YRS**

<b>Mondays</b>	<b>4:30-5:30pm</b>
<b>Tuesdays</b>	<b>4:30-5:30pm</b>
<b>Wednesdays</b>	<b>4:30-5:30pm</b>
<b>Thursdays</b>	<b>4:30-5:30pm</b>

**Please contact Mike for more information, rates, and to register: 707.540.1113**

CONDITIONING