



TEEN STRENGTH & CONDITIONING

GROUP 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.

AGES: 13 - 17 YEARS

TRAINING SCHEDULE

MONDAYS • 4:30 - 5:30PM

TUESDAYS • 4:30 - 5:30PM


WEDNESDAYS • 4:30 - 5:30PM

THURSDAYS • 4:30 - 5:30PM

LIMIT OF 4 TEENS PER SESSION

Monthly rates apply, please reach out to mike about rates or for more information and questions you may have.

CONTACT MIKE TO SIGN UP:

 707.540.1113