

# OFF SEASON TRAINING

TRAIN NOW. PERFORM LATER.



**INSTRUCTOR:**  
**COACH WIELER**



**DATE(S):**

Tuesdays & Thursdays  
starting July 7th until August 20th



**TIME:**

7-8am



**LOCATION:**

RCC



**AGES:**

12+



**COST:**

\$90.00/participant

\*Min number required for program to run

THIS PROGRAM IS FOR  
**YOUNG ATHLETES  
AGES 13+**

TO TONE IN THEIR  
STRENGTH & CONDITIONING  
IN THE OFF SEASON  
(HOCKEY, BALL, SOCCER, ETC.)



TO REGISTER OR FOR MORE INFORMATION  
PLEASE CONTACT

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