

"WHAT YOU DO TODAY DETERMINES HOW YOU PERFORM TOMORROW."

SPRINGFIELD LACROSSE CONDITIONING PROGRAM



IMPROVE SPEED, EXPLOSIVENESS, QUICKNESS, STRENGTH AND ENDURANCE

JUNE 25TH THROUGH AUGUST 9TH

> MONDAY AND THURSDAY MORNING BOYS 9 AM GIRLS 10 AM

12 SESSIONS FOR ONLY \$144

STRENGTH FOR LIFE

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Email <u>Ed@strengthforlife.us</u> to register