

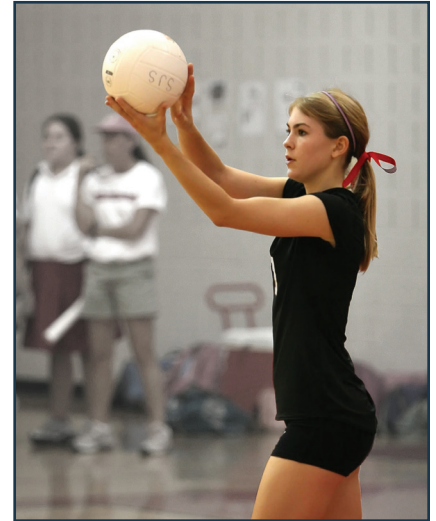
# YOUNG ATHLETES

## STRENGTH & CONDITIONING SERIES

**Three-Week Series: April 10th - 24th**

**Mondays & Wednesdays | 5:30 - 6:30 p.m.**

*For young athletes, age 11 and older, to improve strength, endurance and enhance fast-twitch muscles.*



Series is designed to introduce effective training and conditioning drills for young athletes involved in sports and preparing for sport participation, and includes:

- Tailored workout plan that includes strength training, endurance training and dynamic warm-up exercises.
- Monitored workouts that ensure proper body alignment and safe execution of movements.
- Introduction of speed interval training, functional movement patterns and conditioning drills that can increase performance in sports participation.
- Access to experienced trainers who motivate and guide athletes through each workout.

Limited spots available. | Sign up online or at the front desk.

Members \$120 | Non-members \$190

**FOR MORE INFORMATION** Contact Carla Zedicher | 402.413.4012 | [czedicher@madonna.org](mailto:czedicher@madonna.org)