



**\$30  
PER  
CHILD**

Does your child play soccer, cheer, football, baseball, dance, or another sport, or just need to build strength?

# CONDITIONING CLINIC WITH COACH ROB

FOR BOYS & GIRLS AGES 7 AND UP



This high-energy class helps kids build strength, boost endurance, and improve athletic ability—all while having fun.

One hour of muscle-building, cardio, and exciting conditioning stations and games.

*Perfect cross-training for any sport!*

**4:15 – 5:15 PM**

**Limited Spots Available! Only 8 Children per Class**

**Register now through the iClass portal to reserve a spot.**



79 Red Valley Road, Millstone, NJ 08510  
Entrance off Red Valley Road  
(Directly after 79 Red Valley)



609.223.2366