



## SPORTS PREP

Boys and girls from the ages of 12 to 18 can come and workout. Get stronger, lose weight, and get ready for your in-school sports. Teens of all athletic abilities are welcome. Each session is 60 minutes in length, and Kevin will train each participant sport specific.

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**July 10<sup>th</sup>–August 11<sup>th</sup>**  
Monday, Tuesday, Thursday & Friday  
11:30–12:30

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\$300.00 for 20 sessions

**Sign up today!**

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**CONTACT US**  
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