



# TEEN GIRL WORKOUT CLUB

Girls from the ages of 12 to 18 can come and workout. Get stronger, lose weight, and get ready for your in-school sports. Girls 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 9<sup>th</sup>

Monday & Wednesday

10:00–11:00

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\$150.00 for 10 sessions

**Sign up today!**

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**CONTACT US**  
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