

HELPING ATHLETES ELEVATE THEIR GAME



NEW CLASSES
START EVERY
MONTH

Strength & Conditioning

AGES 11+

Professionally designed
training programs

- ✓ 60-minute classes
- ✓ Training for all sports
- ✓ Work around your sports seasons
- ✓ Classes led by a certified coach
- ✓ Small groups

4 WEEK CLASS

	2 DAYS	3 DAYS	4 DAYS
Member Rate	\$96	\$144	\$192
Non Member Rate	\$120	\$180	\$240

5 WEEK CLASS

	2 DAYS	3 DAYS	4 DAYS
Member Rate	\$120	\$180	\$240
Non Member Rate	\$150	\$225	\$300



View our current classes at:
www.kmymca.org/programs

NSCA | Certified Strength & Conditioning Specialist
CSCCA | Collegiate Strength Coach Certified
USAW | Sports Performance Coach

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