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**FUNCTIONS
of Life**

YOUTH Fundamentals of Strength Training

We are excited to introduce our Youth Fundamentals of Strength Training program for ages 11-14 – 2x Per Week (55 min Sessions)

Our small group personal training program is designed to help your athlete build a love for exercise and learn all the foundational movements to prepare them for their High School years. We will work to improve strength, endurance, and enhance athletic performance in a fun and safe environment.

Sign up your young athlete today for this youth program and experience the many benefits of our small group training.

FunctionsofLife.com

216-785-5433

10155 Broadview Rd., Suite 5
Broadview Heights, OH 44147

Our training sessions are held in a small group setting (maximum 4) so your athlete will receive individual attention and support from their coach while also enjoying the social aspect of working out with peers. We keep our class sizes small to ensure safety and high quality of instruction.

Your athlete will learn the importance of proper form, nutrition, and recovery and gain confidence and self-esteem as they progress through the program.

June 19–July 14, 2023
Session 1 (4 Weeks)

July 17–Aug 11, 2023
Session 2 (4 Weeks)

Mon/Wed or Tue/Thur
@ 1 or 2 pm

Groupings decided after enrollment

\$360

Per 4-Week Session
(Includes Strength Camp Shirt
and Logo Protein Shaker Bottle)