



# KIDS CLASSES

FOR 6<sup>TH</sup> - 9<sup>TH</sup> GRADE ATHLETES

**JUNE 14<sup>TH</sup> - JULY 9<sup>TH</sup>**

**JULY 12<sup>TH</sup> - AUGUST 6<sup>TH</sup>**

**Speed & Agility Class \***  
Monday/Wednesday 9am

**Strength & Power Class**  
Monday/Wednesday 9am

**Strength & Power Class**  
Tuesday/Thursday 5:30pm

**Speed & Agility Class**  
Tuesday/Thursday 5:30pm

Cost is **\$89** per class. Take all four classes for **\$149**\*\*

\*\$79 No class 7/5 Pro-rated for 7 sessions    \*\*After June 4 \$199

All social distancing and cleaning procedures are being followed appropriately.

To register email [derek@imovedaily.com](mailto:derek@imovedaily.com) or  
call 616.847.1280.