



# CUSTOMIZED TRAINING

**FOR 6<sup>TH</sup> - 12<sup>TH</sup> GRADE ATHLETES**

Designed to help athletes complete their personalized workout plans under supervision of a Personal Trainer.

**OCTOBER 3<sup>RD</sup> - OCTOBER 26<sup>TH</sup>**

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**Mondays & Wednesdays**  
**4 - 5 pm**

Space is limited to 4 athletes.  
Cost is **\$159** for sessions.

To register, email [derek@imovedaily.com](mailto:derek@imovedaily.com) or call 616.612.3626.





# PHYS ED.

Geared toward 4<sup>th</sup> - 8<sup>th</sup> graders, participants will learn a variety of fundamental movement patterns while having fun and working up a sweat. Each day will end with a fun activity or game to promote teamwork!

**OCTOBER 11<sup>TH</sup> - DECEMBER 22<sup>ND</sup>** \*NO CLASS NOVEMBER 22<sup>ND</sup> AND 24<sup>TH</sup>

**Tuesday & Thursday**

**1-2 pm**

All packages are 10 weeks long. Options include:

1x per week - **\$79**

2x per week - **\$149**

**25% sibling discount available.**

*Sign up by October 7<sup>th</sup>.*

Space is limited to 10 athletes per class.

Minimum of 3 athletes needed to hold class.

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