

KIDS  
5+

# OUR FOCUS IS YOUTH WELLNESS

Empower | Strengthen | Confidence | Injury Prevention

1-ON-1  
TRAINING



GROUP TRAINING

**WE ASSESS YOUR CHILD  
& THEN FOCUS ON AREAS  
OF IMPROVEMENT:**

- ✓ Mental Focus
- ✓ Flexibility
- ✓ Mental/Physical Strength
- ✓ Balance
- ✓ Coordination
- ✓ Agility
- ✓ Jump Power
- ✓ Movement Quality
- ✓ Nutrition Education

## FREE INTRODUCTORY CLASS

Please call to register  
for your child's free class  
1 Free Class Per Child | Expires May 27, 2021

**a&b**  
FITNESS CONCEPTS

3140 Edmonton Drive | Sun Prairie | 608-318-6006 | ABSunPrairie.com

## 9 WEEK SUMMER PROGRAM

Meets 4 days a week  
from 9:30am-1:00pm for 9 weeks

**\$275.00**

Also Now Enrolling for our  
**2021-22**  
**SCHOOL YEAR PROGRAM**



**FITNESS CONCEPTS**  
Strength / Cardio & Assessment Lab

[www.ABSunPrairie.com](http://www.ABSunPrairie.com)

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📞 **608-318-6006**

