



ATHLETIC TRAINING CENTER

TRAIN WITH US

WE OFFER:

GROUP TRAINING
ONE ON ONE TRAINING
TAILORED PROGRAMS
SPORT SPECIFIC
PROGRAMS FOR TEAMS
NUTRITION COACHING

FOR MORE INFORMATION:

BRAD@GETATCFIT.COM
316-652-5559

COME TO: AFTER SCHOOL PERFORMANCE TRAINING!

STARTS SEPTEMBER 3!

5/6 GRADE @ 3:15-3:45

7/8 GRADE @ 3:45-4:30

WHAT TO EXPECT: FUN
ENGAGING GAMES & EXERCISES
TO HELP DEVLOP ATHLETICISM
AND STRENGTH!

**\$5 DROP IN FEE. MEMBERS GO
FREE!**



**112 W BROADWAY ST,
NEWTON KS, 67114**
RIGHT NEXT TO SANTA FE
MIDDLE SCHOOL