

HELPING ATHLETES ELEVATE THEIR GAME



NEW CLASSES
START EVERY
MONTH

Strength & Conditioning

AGES 11+

Professionally designed
training programs

- ✓ 60-minute classes
- ✓ Training for all sports
- ✓ Work around your sports seasons
- ✓ Classes led by a certified coach
- ✓ Small groups

4 WEEK CLASS

	2 DAYS	3 DAYS	4 DAYS
Member Rate	\$96	\$144	\$192
Non Member Rate	\$120	\$180	\$240

5 WEEK CLASS

	2 DAYS	3 DAYS	4 DAYS
Member Rate	\$120	\$180	\$240
Non Member Rate	\$150	\$225	\$300



 **West Washington YMCA**
1111 W Washington St.
West Bend, WI 53095

Lucas Nett

NSCA | Certified Strength & Conditioning Specialist
CSCCA | Collegiate Strength Coach Certified
USAW | Sports Performance Coach

View our current classes at:
www.kmymca.org/programs

The opinions expressed or information provided on these flyers are not sponsored or endorsed by the school district or its personnel.

lnett@kmymca.org
262.247.1041

