

THE ACADEMY

at

BeWell Fitness

ATHLETES”

BETTER

“BUILDING

BeWell Fitness is passionately committed to developing the athletes of tomorrow. Our vast knowledge and experience has led us to create a methodology for results. This comprehensive hour long program is designed for athletes of all sports. The first part of the workout is spent on movement, which includes, stretching, activation, active warm up, linear and lateral speed development, quickness, plyometrics, and CORE strengthening. The second part of the workout is dedicated to explosive power, increasing overall body strength and various forms of conditioning.

Summer 2018 June 5th - August 22nd (10-14YRS OLD ONLY)

OPTION #1	OPTION #2	OPTION #3	OPTION #4
1hr/ 2x/week	1hr/ 4x/week	2hr/ 2x/week	2hr/ 4x/week
1030- 1130am OR 530-630pm	1030- 1130am OR 530-630pm	1030- 1230am	1030- 1230am
\$120/month	\$199/month	\$199/month	\$299/month

Strength Coach

for



Call or Email to propel your kids to the next level NOW!

www.bewellfitness.com

847.549.7200

info@bewellfitness.com

1753 Northwind Blvd. Libertyville, IL 60048