



# POWERED BY

## *BeWell Fitness*

*BeWell Fitness* is passionately committed to developing the athletes of LBC. Our vast knowledge and experience has led us to create a methodology for results. This comprehensive hour long program is designed for in-season athletes. The first part of the workout is spent on movement, which includes, stretching, activation, active warm up, linear and lateral speed development, plyometrics, and CORE strength. The second part of the workout is dedicated to increasing overall body strength. It's our first priority to keep the athlete safe at all times, especially during season.

### **Fall 2016**

1x/week in-season training. Days and times are based on team schedules and coaches.

\$50/Athlete/month

*Strength Coach*  
*for*



**Call or Email to reserve your spot!**

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