

**BIGGER**

**FASTER**

**STRONGER**

Health & Wellness Hub

## Summer Sports Conditioning Program

The Health & Wellness Hub will be offering a summer conditioning program for student athletes of all sports.

Program will include speed and acceleration training on our high speed treadmill along with running form training, explosive functional movement training, and overall sports conditioning and training focused on preventing injury.



Dates: June 18 - August 7

### Sports Conditioning Program

\$300 (\$12/session + Nike Dri-Fit T-Shirt)

Monday — Friday

Times: 8:00 - 9:30 am

10:00 - 11:30 am

1:00 - 2:30 pm

\*Custom schedule available upon request

Call to reserve your spot for summer 2018

218-736-8451



**Lake Region**  
HEALTHCARE

**Health & Wellness Hub**

At the Mehl Center  
619 Cascade St. S - Fergus Falls, MN

**WHATEVER YOUR 100% LOOKS LIKE...GIVE IT**