

FUNDAMENTALS OF TRAINING

From Tween to Teen

Boys and Girls ages 11-17

**LEARN PROPER TECHNIQUE.
GAIN BODY AWARENESS.
GAIN MORE CONFIDENCE.
LEARN TO WORKOUT THE "RIGHT WAY".**

June 4 - July 27 Every Monday,
Wednesday, Friday 11:00-12:00

\$89.00 per month or 49.00 per
week or \$20.00 per day (no
registration)

Lift Training Studios
3960 Florida St. #3
Mandeville, LA
985-727-1540

WWW.LIFTTRAININGSTUDIOS.COM