



### 7 Week Program

July 8th-August 23rd

-Tuesday & Thursday  
-Sessions available @3,  
3:45, & 6:30!

\$249!

### Why choose I-Koach Fitness?

- Athletes will gain speed & agility that is appropriate for their age!
- Science-based, results-driven training strength programs.
- Will go through performance testing to track progress.
- Athletes will improve their overall strength, proper exercise form, and movement.
- Staff Expertise! We are ready to help you take the next step in your athletic journey.

For more info scan the QR code  
or visit [ikoachfitness.com](http://ikoachfitness.com)!

