



Boys and Girls 12-14 & 15-18+

JSF

JUMPSCHOOLFITNESS

STRENGTH • AGILITY • SPEED • POWER



Since 2012

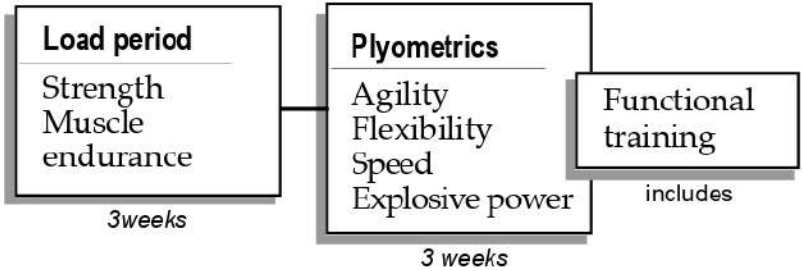


Our Philosophy

WORK HARD • BE THE BEST • BE A LEADER

Encourage, inspire, and build self-confidence.
 Make better choices to improve overall health and fitness
 not only in sport, but in life.

Monday and Wednesday ages: 12-14
 Tuesday and Thursday ages: 15-18+
 3:30 - 5:00 pm (90 min. sessions)
 *Time and days subject to change
 Indoor / outdoor training
Fee: \$349



JumpSchoolFitness program focuses on building **strength, speed, agility, and explosive power**. Whether the goal is to pursue an athletic career, or simply to develop a fit and healthy mind and body our trainers will help you achieve those goals safely, effectively, and efficiently. Helping our youth avoid serious injuries is a priority.

