

COMMITMENT + MOTIVATION + COMMUNITY



Advanced Youth Fitness

Smart, focused and conscientious training for young athletes

R.A.M.P. is a multifaceted program that will equip your young athlete (or soon-to-be athlete) with the best possible techniques, skills and movements to propel their sporting activities to the next level while arming them with the tools to help prevent injury – all with a fun yet straightforward approach.

SCHEDULE All classes are held twice per week throughout the one-month program. We encourage a minimum 3 months of training for athletes to fully retain and apply the techniques.

Classes start January 4, 2010. Limited space available.

Youth 6-9 Years Tuesdays & Thursdays, 4-5pm

Youth 10-13 Years Mondays & Wednesdays, 4-5pm

Youth 14+ Years Strength Training: Mondays & Wednesdays, 5-6pm
Speed Training: Tuesdays & Thursdays, 5-6pm
Sign up for both training types and receive a discount

COST \$195 per month, per athlete
Cost includes standard membership to Movement Climbing + Fitness

SIGN-UP Pre-registration required with front desk

CONTACT Heath Croll, Youth Fitness Specialist
heathfitness@aol.com
703.597.8063 mobile

2845 Valmont Road, Boulder, CO 80301 | movementboulder.com

