

FIELD DRILLS

Cardio Power + Strength + Agility
Blow off Stress
Blow out your Pipes
Get the Edge in your Sport
Play more in your Life

Non-Athletes-to-Competitive Athletes
Go to **your** Next Level

Mon & Wed @ 5:30pm-6:30pm
Laguna Middle School

\$20/class Adults

\$15/class 13 -18yrs

Paid One Month at a time, Space Limited

Contact: Lisa Huck, CPT, MES

20+ yrs Professional Training Experience in SLO

805-550-5912

lisahuck@sbcglobal.net

