



Youth Strength & Conditioning Starting March 17th:

- **15-Week Progressive Training:** Experience structured athletic enhancements with testing at the start, midway, and end to visibly track your progress.
- **Specialized for Youth:** Tailored specifically for high and middle school athletes aiming to elevate their sports performance.
- **Enhance Key Skills:** Improve strength, speed, jumping ability, balance, and overall athletic performance under expert guidance.
- **Success Stories:** Join our community of athletes who have advanced to higher levels, including collegiate sports.
- **Elite Training Environment:** Train at G3 Sports, the premier facility for developing top-tier athletes, with state-of-the-art equipment and coaching.

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