



**GB** *SPORTS & FITNESS*

# STRENGTH & CONDITIONING



## Sports Performance Programs :

- Certified Strength and Conditioning Specialists
- Strength training
- Sports Nutrition
- Mental Preparation
- Optimal Recovery Protocols

**REGISTER NOW**



The Corvallis School District does not necessarily sponsor this organization or its activities.  
The District assumes no liability for its contents or events arising out of this distribution.

541.207.3508 

[www.gthreesports.com](http://www.gthreesports.com) 

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## High School Groups

3:30pm - M/W (Beginner/Int)  
3:30pm - T/R (Advanced)  
4:30pm - M/W (Advanced)  
4:30pm - T/R (Beginner/Int)

## Middle School Groups

3:30pm - Friday  
4:30pm - Friday

**STARTING MARCH 4th - June 31st (Only 10 Spots each)**

\$520 (High School) or \$175/ Month  
\$260 (Middle School) or \$88 / Month

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