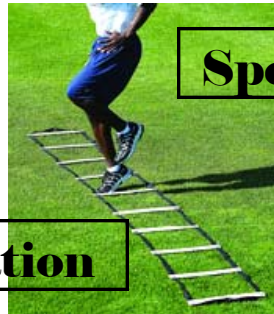


Summer Outdoor Sports Conditioning Program

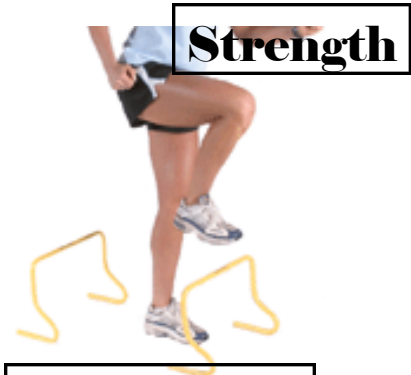
Jun. 28th to Aug 23rd Mon. and Wed. Evenings **IMPROVE YOUR:**



Balance



Speed



Strength



Coordination



Flexibility



Endurance

- Improve Athletic Potential
- Reduce Risk of Injury
- 8 Week Membership (Hyannis and Mashpee FitPlan Fitness Centers)

- NSCA Testing & Athlete Report Card
- Program Designed for All Sports and Abilities
- Nationally Certified Trainers

Phone: 508-477-6128

Time: 6:15-7:45pm

Fax: 508-477-5377

Place: Horace Mann Charter School Marstons Mills

email: ccrehab@cape.com

Cost: \$225 (16 Sessions)

www.fitplan.com



(Please mail this cut-off in with payment or just bring it with you to your first session)

Make checks payable to: MC/Visa/Amex _____

Cape Cod Rehab Exp date _____ Signature _____

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____

E-mail Address: _____

