

Summer Sports Training Camp At Pueblo Athletic Club

Attention all baseball, basketball, cross-country, football, golf, racquetball, soccer, softball, swimming, tennis, track, volleyball, and wrestling athletes:

Reach your highest level of function and optimal activity performance utilizing Reactive Neuromuscular Training with **Master Trainer, Jeff Depatie (B.S. Exercise Science/Health Promotion CSU-Pueblo)**. Sport specific benefits include:

- increased muscle mass
- increased strength
- increased power
- improved flexibility
- decreased body fat
- increased stability
- improved core endurance

8 week program starting Monday, June 8

Varsity (any athlete entering/currently in high school)

MWF: 8 – 9:15am

JV (any athlete entering/currently in middle school)

MWF: 9:30 – 10:45am

\$99/PAC member

\$199/non-member: includes full membership privileges during 8 week program

Class size is limited. Please call **561-3488** or sign-up in person at Pueblo Athletic Club, 58 Glenroyal Drive.