

YOUTH ATHLETE TRAINING PROGRAMS

*Build Confidence, Improve
Performance, have fun!*



Sign up today!



Youth Strength & Speed Sessions

Mondays + Wednesdays: 6:30p (May)

Mondays + Wednesdays: 10a (June-August)

Semi-Private Classes

Groups formed based on focus/skill level
60 minute classes, 2 days/week Days/Times
to be arranged
All Ages

**Or Text/Call us at
419-827-3992 to
reserve your spot**



THE WELL
HEALTH & FITNESS

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