

CARDIO BASKETBALL

with Seth Eckl

Tuesdays 11:30 a.m. - 12:10 p.m.

Saturdays 12:00 - 12:45 p.m.

Session I May 18 - June 26

Session II June 29- Aug. 7

Shoot! Pass!

Rebound!

Work your defense strategy!

40 minutes focused on a game you love!

40 minutes packed full of developing all the skills you want and need to improve your game!

Focus on improving your speed, agility, vertical, and position specific strengths. If you want to be ahead of the pack with your game you need to join your ELITE PERSONAL TRAINERS for CARDIO

6 week Basketball session

\$10 a class members, \$15 non-member.

Special Discount for packages available.

Sign up at the Fitness Desk

262-786-3330

Seth 262-432-3034

