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| |  | | --- | | A group of people posing for a picture  Description automatically generated | | March 24th – April 28th  Tuesday’s 3:15-4:15  $100  Classes will introduce youth to different training activities such as circuit training, body weight exercise, Endurance, speed & Agility and encourage healthy lifestyles.  **IMPROVE YOUR CHILD’S ABILITY TO FOCUS, GAIN SELF-ESTEEM, DISCIPLINE, SPORTSMANSHIP AND LEADERSHIP SKILLS.**  A close up of a sign  Description automatically generated <https://payit.nelnet.net/form/KRyxZ3Kg> | |  | |  | |  | |  | |  | | --- | | Strength & ConditioningGet fit in a fun and Postive environmentwork with certified trainersDeveloping healthy young habits! | |  | | PeAK pERFORMANCE fITNESS & nUTRITION 1500 Town Side Drive Apex, NC  PEAKperformanceapex.com  (919) 270-7922 | |