



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ATHLETIC STRENGTH CONDITIONING

The Fierce Athlete PORTAGE TOWNSHIP YMCA

In partnership with Fierce Fitness Nutrition and instructed by **Danielle Paetsch**, this program is for athletes ages 10+ who want to gain a competitive edge on their competition. During this 6-week program we will work on speed, agility, strength, endurance and nutrition. In an effort to maximize your results, each session will be different, constantly redirecting all of your attention and energy to the task at hand.

Maximum group size will be between 8-10 athletes and each participant will receive a protein shake post-workout to refuel.

FEES: \$72 Member or Non-Member per 6-weeks
Register for 2 sessions and save \$10!

WHEN: February 19 - April 3*
*No class during PTS Spring Break, March 26th

Mondays, 6:30pm-7:30pm*
OR

Tuesdays, 7:30pm-8:30pm*
*Times are subject to change to meet the needs of the group.

WHERE: Portage Township YMCA, Gymnasium
3100 Willowcreek Rd., Portage, IN 46368

REGISTER: Beginning February 5, 2018
Participants may **register at Fierce Fitness Nutrition**, located inside the Portage YMCA.

QUESTIONS? Contact Danielle Paetsch
(P) 219 741 8675 (E) daniellepaetschfitness@gmail.com

