



MOVETRAIN THRIVE LLC
FITNESS STUDIO
Personal Training
Small Group Fitness

Youth Strength and Conditioning Program

Progressive Based Training Focused on Injury Prevention

Middle School/High School Ages

Instructor: Michael Hull

Certified NCSA Strength & Conditioning Specialist

BS Exercise Science - Western Michigan University

Former Western Michigan University Sports Trainer

Tuesdays and Fridays – 5 to 6 PM

Move Train Thrive (in front of Walmart, Lower Level next to KT Nails Salon)

635 N 9th St Suite A, Kalamazoo, MI 49009

www.movetrainthrive.com

Session I: 5 Weeks (February 26 – March 28)

Session II: TBD (After Spring Break)

Session I Cost - \$100

Limited to First 10 Registrants

Register by Contacting Melissa Anderson

melissa@movetrainthrive.com or call (269) 254-2702