



**BERNAL FITNESS & PERFORMANCE**



# **BASKETBALL PERFORMANCE TRAINING**

**FOR GIRLS & BOYS AGES 10-16**

**HELD AT SPORTING CHANCE CENTER**

**MONDAY - THURSDAY**

**JUNE 12 - JULY 20**

**4PM-5PM**



**STARTING AT  
\$12  
PER CLASS**

**TRAINING →  
BENEFITS**

- **MAXIMIZE STRENGTH**
- **INCREASE YOUR VERTICAL**
- **DEVELOP COORDINATION**
- **IMPROVE CONDITIONING**
- **INJURY PREVENTION**



**WWW.AZBERNALFIT.COM  
520.820.5168**