

# COMMUNITY WELLNESS PROGRAMS

PHYSICAL ACTIVITY AND WELLNESS LAB

## Youth Athletic Development Class

Ages 12 - 18

This class is intended for any young aspiring athlete looking to enhance their athletic performance. The focus of this class will be to increase muscular strength and power while further developing motor skill coordination, thus helping to reduce the risk of sports related injuries. Classes will consist of a variety of strength training, plyometrics, speed and agility drills. With low athlete to instructor ratios, participants will be challenged in a fun and safe environment.

TUESDAY & THURSDAY 4:15 – 5:00 PM

**SEPT. 17<sup>th</sup> – Dec. 13<sup>th</sup>**

Classes will be held at UNK in the Wellness Center 2<sup>nd</sup> floor Physical Activity and Wellness Lab.

**Cost:** 12 weeks, 2 days/week: \$140  
6 weeks, 2 days/week: \$75

September 17<sup>th</sup> – October 24<sup>th</sup>

October 29<sup>th</sup> – December 12<sup>th</sup>

FOR MORE INFORMATION AND TO REGISTER GO TO:  
[UNK.EDU/FITNESSPROGRAMS](http://UNK.EDU/FITNESSPROGRAMS) OR CALL 308-865-8336

SPACE IS LIMITED. REGISTER NOW.

