

SCHOOL HOLIDAYS LEARN TO BE AN ATHLETE

**Are you between 13 & 17 years old
and want to know what it takes to
be an athlete in your sport?**

**Learn from Jean-Claude S&C
Coach for Australia's Ski Team,
Professional PT & Coach at ALTA
Fitness**

What to expect

- Learn Strength & Conditioning Principles
- The importance of warming up and stretching
- How to train smart
- Eating well
- Getting good quality sleep
- Balancing school, sports & friends
- A fun, interactive workshop, you'll be participating in activities so wear gym gear

**\$30 - 2 Sessions to choose from
Wednesday 4th or 11th April 1 - 3 pm
Book Now 0410 544 759 or
contact@altafitness.com.au**

