



# Train Like The Pros

w/ Bert Parker

**Monday or Wednesday 10:00 – 11:00 a.m.**

**June 14 - July 28 ages 15+**

Do you have a fall sport coming up? Do you want to train like the professionals to be on top? Well this is what Bert Parker has for you at West Brookfield this summer. Become explosive, make your feet fast, build up your reaction time, and increase your endurance as you train like the elite athletes that you look up to.

This class is for the athlete looking to flip tires, jump high, and run fast!

7 week session, \$239 member, \$259 non-member.

**Elite Sports Club ~ West Brookfield**  
**600 N. Barker Rd.**



**Fitness Director ~ Bert Parker ~ (262) 432-3034**