



Be Well Fitness
BUILDING BETTER ATHLETES

BeWell Fitness is passionately committed to developing the athletes of tomorrow. Our vast knowledge and experience has led us to create a methodology for results. This comprehensive hour long program is designed for athletes of all sports. The first part of the workout is spent on movement, which includes, stretching, activation, active warm up, linear and lateral speed development, quickness, plyometrics, and CORE strengthening. The second part of the workout is dedicated to explosive power, increasing overall body strength and various forms of conditioning.

**Summer 2024 June
3rd – August 22nd**

(10-14yrs old only)

Monday Tuesday Wednesday and Thursday

****Choose your Days****

5:00-6:00pm

1x/wk- \$89/month

2x/wk- \$149/month

3x/wk- \$179/month

Strength Coach For



Call or Email to propel your kids to the next level NOW!

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