

# BACK IN THE GAME

LOOKING TO GET BACK IN TO YOUR SPORT?

WANT TO IMPROVE YOUR SPORTS PERFORMANCE AND HAVE AN EDGE ON THE COMPETITION?

JOIN THE TRAINING ROOM AND SIGN UP FOR THE **BACK IN THE GAME** PROGRAM.

**BACK IN THE GAME** OFFERS LOW COST, SUPERVISED GROUP TRAINING THAT IS PROVIDED BY CERTIFIED STRENGTH AND CONDITIONING SPECIALISTS. THIS PROGRAM IS DESIGNED TO ASSURE A SMOOTH TRANSITION BACK INTO COMPETITIVE SPORT AND PREVENT COSTLY RE-INJURIES. THIS PROGRAM OFFERS MEASURABLE RESULTS.

---

CLASSES ARE **TUESDAY & THURSDAY**  
FROM **6:00 AM - 7:00 AM** OR **4:00 PM - 5:00 PM**

**COST**  
**\$120** FOR **2X A WEEK** FOR **1 MONTH**  
AT THE TIMES MENTIONED ABOVE...



---

\*\*\*IF YOU WOULD LIKE TO SIGN UP FOR THIS PROGRAM, BUT THESE TIMES DO NOT WORK...THERE IS ANOTHER OPTION. PAY **\$360** AND SCHEDULE THE TIMES THAT WORK FOR YOU.

FOR MORE INFORMATION AND REGISTRATION, PLEASE CALL THE TRAINING ROOM.  
SOMERSET: (715) 247-5770  
STILLWATER: (651) 275-4710

---

## THE TRAINING ROOM

---