



# YOUNG CHAMPIONS



BE  
Above  
Average

If the future of our community lies  
in their hands, lets put some  
calluses on 'em

**5 week series**  
**Fridays @11am**  
**Launching Aug 5**



[www.BlaakOutTraining.com](http://www.BlaakOutTraining.com)



- ✘ Mentoring
- ✘ Mindset
- ✘ Fundamentals  
of exercise

