



MOTOR CITY

IRON GYM

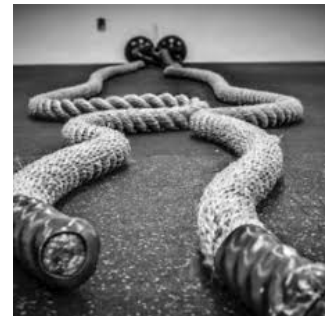
BOOTCAMP

Our bootcamp is designed to teach proper execution of movement exercises and fundamental teambuilding skills for all youth athletes.



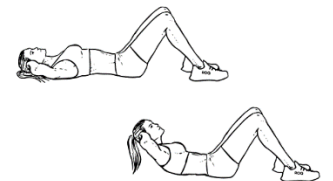
Programing

- Strength & Conditioning
- Core Training
- Speed Training
- Mobility Training
- Team Building



Dates, Times & Location

- November thru April
- Tuesday, Wednesday, Thursday, Friday
- 5:00pm-6:00pm each session is an hour long.
- Detroit Diamond Jaxx indoor field 7007 Chicago Rd. Warren, MI 48092
- For more Information Call Jacob @ (586)383-1295 or Email Motorcityirongym@gmail.com



Bootcamp fees

- | | |
|---------------|------|
| • 1 Session | \$5 |
| • 10 Sessions | \$45 |
| • 20 Sessions | \$90 |



We will have a 10 person Minimum, and a 40 person Maximum per day. This will allow us to build the best program possible for each session.