



SQUEEZE

Young Warrior Program

The **Squeeze Young Warrior Program** allows your child (age 16 or younger) to train beyond his/her normal limits. No matter what sport they are playing or what level they are at, your child WILL excel in the Young Warrior Program. Young Warrior is also designed to identify and correct limitations in their athletic performance. Your athlete will utilize state-of-the-art equipment used in many professional training rooms which will help them achieve his/her highest potential. We are the *premier* facility to offer your child these innovative training methods.

Through participation in this program, your child can expect to achieve:

- Better Endurance

watch them outrun everyone!

- Increased Stability

see them crush their competitors who are gasping for air by the end of the game!

- Increased Power/Quickness

cheer them on as they weave through obstacles on the opposing team!

- Improved Muscle Recruitment

notice a huge change in their muscle strength!

- Decreased Injuries

keep them out of the doctor's office!

The Young Warrior Program emphasizes:

- Proper Techniques
- Flexibility
- Strength Building
- Increased Core Stability
- Cardiovascular Health
- Endurance
- Balance
- Speed
- Endurance
- Lateral Agility
- Lifetime Wellness

Young Warrior is currently offered at our Hales Corners and Brookfield locations. Team/Group Rates available upon request.

Programs for all ages and ability levels are available.

For current pricing and more information call:

414-315-1413 *Squeeze Studio Fitness - now 2 locations!*

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