

Cutting Edge Fitness Program

Get STRONGER, faster, and fitter.



*New Strength and
Conditioning Program
for kids 12 and up.
Improve sport
performance!
Decrease chance for
injuries!*

*Train with your highly qualified
Phat to Fit Coaches Angie
Brennan, CSCS, B.S Exercise
Science AND Darin Hagen, B.S.
Exercise and Sport Science.*

This program is for kids aged 12 and up. Classes start March 8th, and are held Monday, Wednesday, and Friday, from 4:30-5:15 for 12 weeks in Soldotna by Cottonwood Health Center/Tyee Street. Cost \$109. Space is limited, so contact Angie Brennan or Darin Hagen ASAP.

Angie Brennan 953-6299 | Darin Hagen 394-5559