

SHEPHERD UNIVERSITY

*Wellness Center*

# ELEVATE YOUR GAME

Elevate your game for the upcoming season with one or six 60-minute training sessions!



**\$15 FOR MEMBERS | \$20 FOR NON-MEMBERS**  
**6-7 PM BEGINNING JUNE 4TH**

FOR ATHLETES BETWEEN THE AGES OF 12 AND 18  
SESSIONS HELD ON THE SU INTRAMURAL FIELD

Sign Up at the Wellness Center, call (304) 876 - 5300 or visit [shepherdwellness.com](http://shepherdwellness.com)

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