

Junior Strength and Conditioning Small Group Personal Training- Ages 11-14 years old

NMB AFC wants to start a Junior Strength and Conditioning Small Group Personal Training (5 per group) for ages 11-14 years old. It will be Tuesday and Thursday evenings at 5 pm and Saturday mornings at 9 am. These days and times are not set in stone, so if you are interested please call the Fitness Director, Patrick Flynn at 843-281-3745 for more info. and fees!