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**Fit Revolution presents -**

**Fit Rev Combine – Football Conditioning (grades 3 – 8th)**

**Location – High School Turf**

Want to have your child conditioned and ready for Football season? Give us two hours a day and we will be focusing on a series of football relevant workouts and drills that will ensure a healthy and solid start to your child’s season.

Sessions will be designed & trained by George & Michelle O’Connor.

**Pick a week or join us for all three!**

**8:30 – 10:30am**

**Cost $150**

**7/20 – 7/24**

**7/27 – 7/31**

**8/3 – 8/7**

**Register at** [**www.fit-rev.com**](http://www.fit-rev.com) **– click on sign up for a class, create a full profile and go under events.**