

## RIVERSIDE SECONDARY ATHLETIC ACADEMY EXCELLENCE THROUGH CHALLENGE, ADVERSITY & VICTORY!

Learn the fundamentals of strength, conditioning and lifestyle management! Sessions are specifically designed to focus on key areas of strength training, health and wellness, fitness assessment, form and technique corrections and coaching, seminars and much more!

## **REGISTRATION FOR SEPTEMBER 2018 NOW OPEN**







## **CONTACT US FOR FURTHER DETAILS**

