



SPORT-SPECIFIC FITNESS TRAINING

Looking for an edge in your sport? Our **certified personal training staff** will devise a program to fit your needs. Improve your flexibility, balance and movement as it relates to your chosen sport.

Workouts can be tailored to the following sports:

FOOTBALL
SOCCER
SOFTBALL

BASEBALL
BASKETBALL
TENNIS

VOLLEYBALL
RACQUETBALL
SQUASH

RUNNING
TRIATHLONS
CYCLING

TRACK
MARTIAL ARTS
GOLF

Register online at www.cityofcape.org/parks, or contact Christine Jaegers at cjaegers@cityofcape.org.
Check out our personal trainers at www.cityofcape.org/personaltraining.



CITY of CAPE
GIRARDEAU
PARKS & RECREATION DEPARTMENT

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\$240.00

10 - 60 minute session
Group sessions also available.

