

Individualized Life Skills Coaching Since 2008



It's more than just exercise...

IMPROVING...

Independence

Life Skills

Confidence

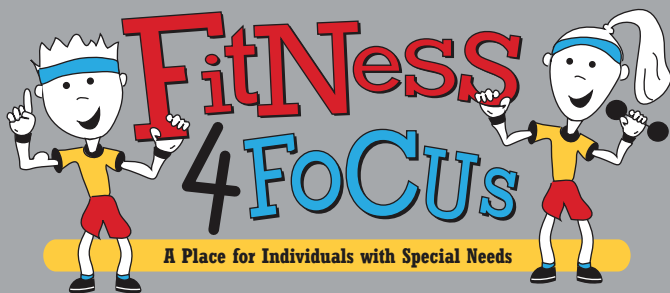
Strength

Coordination

Gross and Fine Motor



Check out: www.fitness4focus.com
Call Chris at 717.508.4015 or Shawn at 717.745.8039



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SCHOOL PRICING

GOLD

Fitness and Yoga 1 x per week + Mini O² Challenge

SILVER

Fitness and Yoga 1 x per week

BRONZE

Fitness or Yoga 1 x per week

The Mini O² Challenge is for up to 50 athletes and can be added to silver and bronze packages.

Additional athletes can be added

If you want F4F to challenge your athletes and get them moving, contact us. We can customize a package that will fit your budget.

Packages are for up to 50 athletes. Additional athletes can be added.

Pricing is based off payment by check. Packages/pricing subject to change.

CONTACT US

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