

TRAIN GROUNDED WRESTLING



COACH SHIFFLET

LOOKING FOR FULL-TIME WRESTLERS

REGISTER @ TRAINGROUNDED.FIT
COMPLETE REGISTRATION AND SIGN WAIVER

BOYS WRESTLING ACADEMY - MAY 1 - OCT. 29
ACCEPTING 50 MS/HS BOYS

GIRLS WRESTLING ACADEMY - MAY 1 - OCT. 29
ACCEPTING 50 MS/HS GIRLS

BOYS/GIRLS DYNAMIC STRENGTH & ENDURANCE TRAINING
OPEN NOW

- FOR DETAILS AND REGISTRATION, VISIT TRAINGROUNDED.FIT
- GROUP, FAMILY AND WRESTLING/STRENGTH COMBO DISCOUNTS AVAILABLE



"PROPER PREPARATION PREVENTS POOR PERFORMANCE"



LOCATION:
ALL IN SPORTS BUFFALO
485 CAYUGA RD. CHEEKTOWAGA, NY



SHIFFLETFIT@GMAIL.COM



WWW.TRAINGROUNDED.FIT