



DON MOYER
BOYS & GIRLS CLUB

PROJECT ATHLETES



An Athletic Training & Mentoring Program for Teens

Speed, Agility, & Conditioning
including Core, Balance, & Flexibility Training

Free For *All* Teens.

**Tuesday & Thursday 6:30PM-8:00PM
&
Sunday 5:00PM – 6:00PM**

**LOCATION: Don Moyer Boys and Girls Club
201 E. Park St, Champaign, IL 61820**

www.projectathletes.com