



# MENTAL SKILLS AND NUTRITION.

*The Two Most Important Pieces of Performance!*

Join industry experts each month for an interactive one hour workshop on how to take your mental skills and nutrition to another level.



## STRONG BODY, STRONG MIND

Wednesday Nights at 7:00pm

October 14 - Nutrition

November 11 - Mental Skills

December 9 - Nutrition

January 13 - Mental Skills

February 10 - Nutrition

March 10 - Mental Skills

\$30 PER PERSON

**FREE**  
**for ROCK FIT AND**  
**FROZEN ROPES**  
**MEMBERS!**

**CALL TO REGISTER. LIMITED SPOTS AVAILABLE.**