



SOCCER MOM FITNESS

ENJOY SOCCER MORE THAN YOUR KIDS DO!

- **Lose Body Fat**
- **Increase strength and energy**
- **FREE Nutrition Program, Coaching and Support**

Soccer players are arguably the fittest athletes in the world. Train like a professional and transform your body into the best shape of your life through unique soccer conditioning and lots of fun! You will learn basic technique and skills specific to the sport as well as boot camp exercises at the Hot Shotz Sports Center.

- Soccer Drills and Techniques to increase balance, agility and proficiency
- Boot Camp Exercises to enhance cardio, strength and flexibility
- Scrimmages to apply techniques, work cardio and Have Fun!

All fitness levels are welcome! Don't wait any longer to sign up! Limited space is available!

only at



Located in the Del Mar Fairgrounds Expo Building
2260 JIMMY DURANTE BOULAVARD, DEL MAR, CA 92014

(858) 509-5400