



Boston North Training Center is now offering strength and conditioning sports specific training for Wrestlers!



Our qualified training staff consisting of Sports Physical Therapist and BNFC owner Jeff Kamuda, along with our strength and conditioning specialists will bring your athletes to their fullest potential on the mats!

Wrestling specific exercises, strength, conditioning and agility all covered each workout!

Space limited!

**Inquire about session rates and dates at front desk
978-777-7371 or by emailing: Alison Kamuda @
akamuda@bostonnorthfitness.com**

