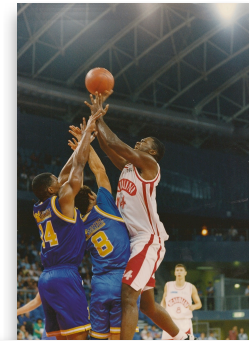


KO's

KENNY O'NEAL
family fitness




KO's Off-Season Basketball Training with Speed & Agility Exercises [®]
Improve Fundamentals • Increase Speed & Agility • Increase Basketball IQ
Featuring Former NBA & Overseas Player Kevin Thompson
\$40.00 per session, June 14-Aug.3/2010

Times: Tues. 4pm-5:30pm

“Trainer to the Stars of Today & Tomorrow”

Place: Forsyth Country Day School LivenGood Center

Experience the KO workout, as seen on  at www.konealfitness.com.

For more information contact Kenny online or by phone at 336.577.3403

Kenny O'Neal is a certified Personal and Strength Trainer with a Sports Nutrition and Medical Exercise certificate from the Exercise Science Alliance. He is a member of the IDEA Health & Fitness Association.

