



Specializing in Youth Fitness/Athletic Performance for grades 4k through high school as well as the, First There Wrestling club and specific wrestling training.

- Fitness/Athletic Performance classes include
  - Circuit training
  - Body Weight/Banded resistance training
  - Weight training
  - Speed/Endurance training
  - Specific Athletic Performance training
  - Kettlebell/Bulgarian Bag training
  - And Many More

First There Training Facility  
344 E Main St Twin Lakes WI, [firsttheretrainingfacility.com](http://firsttheretrainingfacility.com)  
[firstthere.fttf@gmail.com](mailto:firstthere.fttf@gmail.com)