



SPORTS PERFORMANCE TRAINING

SPEED AND AGILITY | MONDAYS & WEDNESDAYS
STRENGTH & CORE | TUESDAY & THURSDAY

Take your game to the next level with Sport Performance Training—a focused 4-week program built to help athletes excel in every sport. Choose the session that fits your goals!

STRENGTH SESSION: Participants will learn proper lifting mechanics to help them gain overall strength and learn proper form to prevent injury. During the program, we discuss on how to engage specific muscle groups during exercise, muscle recovery time, proper spotting, as well as gym etiquette.

SPEED SESSION: Get Faster, Quicker and Game Read! The focus will be on speed with drills for agility, speed and quickness and reaction-time, plus resistance training using medicine balls, plyo boxes, jump ropes, ladders, & resistance bands .

MONDAY-THURSDAY
JANUARY 12-FEBRUARY 5

TIME: 4-5PM

GRADE: 4th-8th

Member: \$50/session, \$90/both sessions

Non-Member: \$70/session, \$130/ both sessions

