



## SUMMER 2023 PROGRAM (STARTING June 5)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
9:00-10:00AM	BRIDGE SPEED AND AGILITY (GROUP)		BRIDGE SPEED AND AGILITY (GROUP)		BY APPOINTMENT ONLY	9:00-10:00	BY APPOINTMENT ONLY	BY APPOINTMENT ONLY
10:00-11:00AM	WEIGHTLIFTING 101		WEIGHTLIFTING 101			9:00-10:00		
4:00-5:00PM	SPEED AND AGILITY AGES 9-12	WEIGHTROOM BASICS AGES 9-14	SPEED AND AGILITY AGES 9-12	WEIGHTROOM BASICS AGES 9-14		10:30-11:30		
6:00-7:00PM		BRIDGE WEIGHT TRAINING (GROUP)		BRIDGE WEIGHT TRAINING (GROUP)		10:30-11:30		
6:00-7:00PM	BRIDGE SPEED AND AGILITY (GROUP)		BRIDGE SPEED AND AGILITY (GROUP)			11:30-12:30		
7:00-8:00								
7:30-8:30								
	BRIDGE SPEED AND AGILITY (GROUP)	SMALL GROUP TRAINING. Program designed for Post surgical athletes looking for more advanced speed and agility training to prepare them return to his or her sport.						
	BRIDGE SPEED AND AGILITY (GROUP)	SMALL GROUP TRAINING. Program designed for Post surgical athletes to increase strength and more advanced strength training to prepare return to his or her sport.						
	INTRO TO WEIGHTROOM	Program designed to teach young athletes ages 9-14 basic weightroom lifts to promote proper technique and safety. Supervised classes will focus on bodyweight, bands, dumbbell and kettlebell strength training.						
	WEIGHTLIFTING 101	SMALL GROUP TRAINING (UP TO 6 ATHLETES PER GROUP) Classes will be supervised and instructed on the 4 main lifts Squat, Bench, Press and Deadlift. Perfect class for Athletes looking to get stronger in the weightroom and on the field.						
	SPEED AND AGILITY	Program will focus on running and jumping technique, how to be explosive and change direction efficiently. Program will help to improve conditioning.						

### PRICING OPTIONS

PACKAGES	SPEED AND AGILITY	INTRO TO WEIGHTROOM	WEIGHTLIFTING 101	BRIDGE SPEED AND AGILITY	BRIDGE WEIGHT ROOM	BRIDGE 1 ON 1	BRIDGE SPEED/WEIGHT (GROUP)	TEAM TRAINING and SMALL GROUP TRAINING
10 PACK	\$200	\$250	\$300	\$250	\$300	\$700	\$500	CALL FOR PRICING
SINGLE SESSIONS	\$30	\$35	\$40	\$35	\$40	\$80	\$60	



FOR MORE INFORMATION PLEASE CALL 516-794-3278  
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