



POWER
ATHLETE
You
Will
TRAINING

Improve *Joint Integrity & Injury Prevention*
Strength & Conditioning *Functional Mobility*
Hip & Shoulder Stability *Core Stiffness*
Athletic Explosiveness

SESSIONS ARE ONE MONTH CAMPS:

- Nov 3rd-Nov 28th
- Dec 1st- Jan 2nd
- Jan 5th-30th
- Feb 2nd-27th
- March 2nd-Apr 3rd
- Apr 6th- May 1st

**SMALL CLASS SIZE
 ONLY 10/PER CLASS,
 SIGN UP NOW!**

ATHLETES MUST COMPLETE KICKSTART PROGRAM

PRIOR TO STARTING (SEE REVERSE FOR DETAILS)

COST: \$124/SESSION

• Register for all 6 months
 & SAVE \$327! Free Kick Start

AGES: 8-18yrs old

**Call to Reserve a Spot
 & Schedule Initial Assessment!**
Call Us: (574) 360-6437

\$79 KICK START PROGRAM:



WHAT YOU GET:

- Assessment
- Up to 4 personalized 1 on 1 sessions
- Unlimited Access to Group Fitness Program
- Sauna, & Inversion Table
- Protein samples included to speed recovery
- *total of 2-3 weeks of training based on individual program
- NO OBLIGATIONS

SESSIONS DATES:

- Nov 3rd-28th
- Dec 1st-Jan 2nd
- Jan 5th-30th
- Feb 2nd-27th
- March 2nd-Apr 3rd (5 weeks; extra value for Spring Break)
- Apr 6th- May 1st

SESSIONS TIMES:

SESSION START TIMES DO NOT CHANGE

- MON. & WED.: 3:45, 5:30 & 7PM (SMALL GROUPS)
- FRI: 4:30 (ALL GROUPS)

REGISTER FOR ALL 6 MONTHS & SAVE \$327!

Pay in Full or Payment Schedule as follows:

- NOV. 5TH
- DEC. 5TH
- JAN. 5TH
- FEB. 5TH
- MARCH 5TH
- APRIL 5TH

**When You Register For All 6 Sessions:
We'll Cancel the Last 2 Payments & You Get the
Kickstart Program FREE!**

FAMILY DISCOUNT:

Parents who are on a Group Training Contract or have purchased a Personal Training Package of 10 or more receive 30% off of the membership of their children. If both parents are on a Large Group Contract each child is 50% off.