



Sports Performance Group Training

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
10:30 AM							High School Strength Outside Jim	10:30 AM
4:00 PM		High School Strength Outside Jim/Kyle	High School Speed & Agility Outside Jim/Kyle	High School Strength Outside Jim/Kyle	High School Speed & Agility Outside Jim/Kyle	High School Strength Outside Jim/Kyle		4:00 PM
5:30 PM		Middle School Speed & Agility Outside Jim/Kyle	Middle School Prep Strength Outside Jim/Kyle	Middle School Speed & Agility Outside Jim/Kyle	Middle School Prep Strength Outside Jim/Kyle			5:30 PM

Middle School Speed & Agility

There is an old saying that says speed kills. Speed is a crucial tool in every sport. Efficient change of direction, first step quickness, and acceleration/deceleration are the most important aspects when it comes to being quick and agile. This program will help develop the technique and core movements that will set the foundation to moving as efficiently and explosively as possible.

Middle School Strength & Performance

We must build a solid foundation before we become an elite athlete. Our strength and performance programs provide a unique approach to building all around athletes. We train our athletes to move as efficiently as possible in a monitored environment before we get on field. This program will build that foundational strength to prepare you for greatness on the field, court, or ice.

High School Speed & Agility

As a high school athlete our goals are set on playing college athletics. With this program we will integrate advanced speed and agility movements that will help get you there. This program offers a top of the line periodized speed program including linear, lateral, and agility movements that will increase your speed and agility in all aspects of sport.

High School Strength & Performance

To be the best, you have to train like the best. Our High School Strength and Performance program will help you become the most elite athlete around. This program provides a great balance of strength, power, core, explosiveness, & stabilization. We design our programs around functional movements that will translate from gym to sport. You will feel stronger, faster, & more explosive following this program.

Prices Starting August 31, 2020

Member	Number of Classes	Non-Member
\$89	8/Month	\$119
\$119	12/Month	\$149
\$149	Unlimited	\$179

Contact Kyle for more information. kbergman@clubworx.net