

SPORTS PERFORMANCE CENTER

FALL CLASS SCHEDULE: SPEED 1, SPEED 2, & CONDITIONING

SPEED I Class focuses on speed & agility drills and skills to enhance quickness, running form, and lateral movement. Provides the functional base for all future Speed/Agility Training.

8 week session. Begins Week of Sept 13-Nov 3, 2016

- Ages 8-11/12: T &/or TH 8 weeks from 5:00-5:45pm
- Ages 12+: T &/or TH 8 weeks from 5:45-6:30pm
 -Cost 1 day \$145
 -Cost Both days \$260

Speed II Intermediate level speed & agility class that trains the motivated athlete in linear speed, directional change, acceleration/deceleration. Pre/Post Testing. Prerequisite Speed I. 8 week session. Begins Week of Sept 13 -Nov 3, 2016. No class Mon Oct 10th.

• Ages 10+: M &/or TH 7:30-8:30 pm

-Cost 1 day \$145

-Cost Both days \$250

METABOLIC CONDITIONING High Intensity total body conditioning with timed interval training. Begins Week of Sept 13-Nov 3, 2016

• Ages 10+: T &/or TH 6:45-7:15pm

-Cost 1 day \$90

-Cost Both days \$160

Pre-registration and Prepayment is required. Reg Closed by 9/6. Email Steph Foresi at foresifitness@gmail.com 10% off second child or second class booked.

FORESI'S INDIVIDUALIZED TRAINING
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