

TEEN SPORTS PERFORMANCE PROGRAM

The focus will be to develop athletic abilities that increase performance in sports based on the need of the individual by using techniques in strength, speed, agility, and flexibility training. One trainer per five athletes at each session.

JOIN NOW! START ANYTIME!

STRENGTH AND H.I.I.T.

Learn to lift in a safe well supervised environment. Participants will be taught proper lifting technique. Each work out will focus on lifting techniques followed by a High Intensity Interval Training (H.I.I.T.) session. Get strong, get fit and have fun.

MONDAY & WEDNESDAY 4:15-5:15PM

DYNAMIC SPORT CONDITIONING

Get ready for your next season using a combinations of strength training, plyometric and agility training. Raise your fitness level while improving your overall athletic performance.

TUESDAY & THURSDAY 4:15-5:15PM

AGES: 12-18 YEARS OLD

\$55.00 PER MONTH (8 SESSIONS PER MONTH 2 PER WEEK)

\$100.00 FOR 2 MONTHS (16 SESSIONS FOR 2 MONTHS OR 4 SESSIONS A WEEK PER MONTH)

FOR MORE INFORMATION AND TO REGISTER GO TO:
UNK.EDU/FITNESSPROGRAMS OR CALL 308-865-8336

SPACE IS LIMITED. REGISTER NOW.

