

SUMMER TRAINING PASS



GET YOUR MIDDLE AND HIGH SCHOOL ATHLETE IN SHAPE OVER THE SUMMER. WE ARE HERE TO BUILD BETTER ATHLETES.

SUMMER TRAINING PASS INCLUDES: 2 LIFTING DAYS A WEEK AND 1 SPEED/AGILITY/CONDITIONING DAY A WEEK.

FOR WHO: GIRLS AND BOYS ENTERING GRADES 7-12

DATES: STARTS July 2nd-Aug 16, 2018 (8 wks)

LIFTING DAYS: MONDAYS and THURSDAYS. 9:00-9:45am

SPEED/AGILITY/CONDITIONING DAY: TUESDAYS 9-10am on turf. Use door D5.

Early Reg COST:\$250 After June 1, 2018 \$275.00

Early registration payment must be *received* prior to June 1, to get pricing special.

All lifting supervised by Certified Strength and Conditioning Coaches. This combination of lifting, conditioning and speed/agility will maximize the athlete's summer training. Register your child at www.stayfitconnecticut.com



FORES'S INDIVIDUALIZED TRAINING
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