

WINTER TRAINING PASS



GET YOUR MIDDLE AND HIGH SCHOOL ATHLETE IN SHAPE OVER THE LONG WINTER. WE ARE HERE TO BUILD BETTER ATHLETES. Grades 6-11 WINTER TRAINING PASS INCLUDES: 2 LIFTING/Training DAYS A WEEK AND 1 SPEED/AGILITY/Conditioning DAY A WEEK.

FOR WHO: GIRLS AND BOYS ENTERING GRADES 6-11

DATES: STARTS JAN-MARCH: 8 weeks No Lifting class on 2/20/18

TIME: Tues 4:30-5:30pm, Weds 4:30-5:15pm, Sats 11-12pm

LIFTING DAYS: Tuesdays and Saturdays

SPEED/AGILITY/CONDITIONING DAY: Wednesdays

*****Speed/Agility only 8 wks: \$100.00**

REGULAR COST:\$275 (23 sessions)

Early Bird Special: Buy pass by Dec 8th and pay only \$225.00 for entire winter training pass. (24 sessions)

All lifting is taught and supervised by Certified Strength and Conditioning Coaches. This combination of lifting, conditioning and speed/agility will maximize the athlete's winter training, whether in season or preseason. Please email foresifitness@gmail.com to reserve spot. 10% discount off second child. LIMITED SPACE 12 SPOTS ONLY.



FORESI'S INDIVIDUALIZED TRAINING
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