



Spring 2010

Middle/High School Athletes

March 15, 2010 – June 5, 2010

The Spring program is a 3-4 day per week program designed to help the athlete develop total body strength, speed, and power.

Session times are as follows:

Mon, Tues, Wed, Thurs: 4pm, 5pm, 6pm, 7pm

Pricing

2 days per week: \$429.00

3 days per week: \$629.00

4 days per week: \$829.00

(Monthly payment plans are available)



Summer 2010

Middle/High School Athletes

June 21, 2010 – August 26, 2010

The Summer program is a 4 day per week program designed to help the athlete develop total body strength, speed, and power. This is our most popular offering. Athletes can expect to gain lean muscle, torch body fat, and learn how to accelerate/decelerate quickly. Sessions last 90 minutes

Session times are as follows:

Mon, Tues, Wed, Thurs : 6:30am, 7:15am, 8am, 8:45am, 9:30am,
10:15am, 3:00pm, 3:45pm

Pricing

4 days per week: \$849.00
(Monthly payment plans are available)

Questions? Contact Tom at 781-831-3901 or tom@sullivantrainingsystems.com