



SPORTS PERFORMANCE CENTER

Summer 2016 Speed, Conditioning, and Strength Classes

- ****ADDED a SECOND DAY! Speed I:** Focuses on progressive speed & agility skills to enhance quickness, running form, & lateral movement.
-(Entering GR 3,4) T/TH: 6/14-7/14: (5 wks) from 5:15-6pm \$150 (1 day \$80)
-(Entering GR 5-8) T/TH 6/14-7/14 (5 wks) from 6:15-7:00pm \$150 (1 day \$80)
- *****ADDED a SECOND DAY! Speed II:** Mid level class that trains the motivated athlete in linear speed, directional change, acceleration/deceleration. Pre/Post Testing. *Must have completed Speed I.*
-(Entering GR 5-8) Tues 6/21-7/26 (6 wks) 8-9am \$100.00 &/or
-Thurs 6/16-7/14 7-8pm (Both DAYS: \$175.00)
- **H.S Speed:** Mid level speed & agility class that trains the motivated athlete in linear speed, directional change, acceleration/deceleration. Pre/Post Testing -(Grade 9+) M 6/20-7/25 (6 wks) 8-9am \$100.00
- **METABOLIC CONDITIONING:** Fast paced, whole body conditioning.
-(Entering GR 5-8) M & W 6/20-7/25 (No class July 4th Make up day 7/8/16)
5:15-5:45pm -(Entering GR 9+) M & W 6/20-7/25 5:45-6:15pm \$120
- **Intro to Strength Training:** Strength fundamental training. Excellent first choice for your child to start building the base of their body.
-(GR 6-8) Sat starts 6/18:(6 wks) 10:00-10:45am \$120
- **H.S Strength Training Fundamentals:** Learn proper lifting techniques for Strength Training while increasing strength.
-(GR 9+) Sat starts 6/18: (6 wks) 9-10:00am \$150

FORESI'S INDIVIDUALIZED TRAINING
122 Spring St Unit D4/D5
Southington CT 06489
foresifitness@gmail.com
860-690-9796
www.stayfitconnecticut.com

Always 10% second child discount. Registration /Prepayment is required to hold spot. Email Steph Foresi at foresifitness@gmail.com

FORESI'S INDIVIDUALIZED TRAINING
122 Spring St Unit D4/D5
Southington CT 06489
foresifitness@gmail.com
860-690-9796
www.stayfitconnecticut.com

Always 10% second child discount. Registration /Prepayment is required to hold spot. Email Steph Foresi at foresifitness@gmail.com